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ABSTRACT

The Well Elderly Integrated Training Project was conceptualized as a service-oriented endeavor with an evaluation component. The project required that a university medical school resource faculty develop an integrated training program and materials on health education (wellness) for trainers who were respected, healthy elderly high in the senior citizen social structure, possibly retired health practitioners. Each trainer was to be assisted by at least one co-trainer (college student). The project required the development of training materials, the training of the trainers and co-trainers, and the implementation of the project. Implementation involved assessing 170 respondents; with this information, resource faculty developed integrated care plans that elderly participants followed by working with trainers and co-trainers. A group of 88 participants and 82 persons in a control group were evaluated using the Personal Lifestyle Survey, which investigated daily living, psychosocial, developmental, and nutritional activities. The experimental group was found to be significantly higher on all the factors than the control group after 6 weeks, and the experimentals had also lost more weight. One of the most important results of the project was the finding that the experimental group significantly increased on the measure of locus of control. The project concluded that there is strong reason to continue to explore wellness training for the elderly. (Following the project report, substantial appendices provide project proposal details, database documentation, an 84-page training manual with information on training of trainers and co-trainers, the Personal Lifestyle Survey form, and descriptive statistics.) (KC)

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WELL ELDERLY INTEGRATED TRAINING PROJECT

FINAL REPORT

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EXECUTIVE SUMMARY

The Well Elderly Integrated Training Project was conceptualized as a service-oriented endeavor with an evaluation component structured to determine the effectiveness of services. The Project required that a Resource Faculty, composed of highly qualified persons in both the clinical and academic fields of nursing, nutrition, exercise physiology, behavioral science, pharmacology, and evaluation, experienced in the integration process and under the guidance of a Project Medical Director, develop an integrated training program and materials for Trainers and Co-Trainers. The Trainers were to be identified as respected, healthy elderly high in the senior citizen social structure, possibly retired health practitioners, or interested nursing or health educators. Each Trainer was to be assisted by at least one Co-Trainer (medical, nursing, dietetic, or exercise physiology student). The project required the development of training materials, the training of the Trainers and Co-Trainers, and the actual implementation of the project. Implementation involved assessing subjects, and based on this information, Resource Faculty developed integrated Care Plans which participants followed by working with Trainers and Co-Trainers.

The project included both formative and summative evaluation components. Training materials, training sessions, and Trainers' and Co-Trainers' skills, attitudes, and behaviors were evaluated prior to implementation. The field phase of the project was evaluated using a quasi-experimental pre- and post-test control group design which utilized three replications. After the experimental phase of the project was completed, control groups received all information and individual Care Plans. Data were collected for a total of 170 participants: 82 experimental and 88 control.

Significant improvement was found to exist between the gains made by the experimental group over and above those of the control group on five of the seven self-report sections of the Personal Lifestyle Survey (Sign Test, alpha =.05). They were activities of daily living, psychosocial activities, developmental activities, nutritional activities, and activities relating to medication. In addition, the experimentals were found to have lost more weight on average than the control group.

While the above results suggest that the project did indeed have positive results for the experimental group above and beyond those experienced by persons in the control group, it does appear that the results were not entirely as expected. Item #18 on the Activities of Daily Living Scale ("I can improve my health.") was significant; however, the experimental group was less likely to believe they could improve their health. One explanation for this might be that the experimental population anticipated more positive changes than they actually achieved, thus developing a perception that they were less likely to believe they could improve their health. Supporting evidence for this interpretation is provided by the fact that the experimental group also decreased on the Daily Living global measure (a perceptual measure).

One of the most important results of this project was the finding that the experimental group signifcantly increased on the derived measure of locus of control. This suggests that persons in the experimental group took more responsibility for their behavior. This result coupled with the generally positive impact of the project suggests that the experimental group will continue to improve after the project is terminated. This outcome is even more impressive given the fact that the training phase for persons in the experimental group lasted on average only six weeks. Given this data, there is a strong reason to continue to explore wellness training for the elderly.

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WELL ELDERLY INTEGRATED TRAINING PROJECT FINAL REPORT

1.1 Project Overview

1.1.1 Historical Perspective

The Well Elderly Integrated Training Project is a logical extension of the Summit-Portage Area Health Education Network's Project NNED (Integrated Curriculum of Nursing, Nutrition, Exercise and Drugs for Health Care Providers of the Elderly). This earlier project focused on providing care givers with less invasive methods for dealing with health problems of the elderly based on nursing, exercise physiology, nutrition, medicine and pharmacology. The current project used much of this information and shifted the focus to health promotion and maintenance. As originally envisioned, the project had six objectives: (1) to develop materials in the areas of nursing, nutrition, exercise, pharmacology, and medicine to train the Trainers; (2) to have the coordination staff: A. identify Trainers (preferably from the target population), B. identify a target population of well elderly for training by Trainers, C. obtain administrative approval at training sites, D. obtain informed consent of target population, E. obtain a baseline health assessment and risk appraisal of the target population, and F. schedule meetings with Trainers and Resource Faculty; (3) to have Resource Faculty train the Trainers and Co-Trainers; (4) to implement the program through the Trainers and Co-Trainers; (5) to develop educational materials on the maintenance of health for well elderly; and (6) to conduct a formative and summative evaluation.

As operationalized the project varied to some extent from the original project specifications. This was in part due to the time required to develop suitable outcome measures and the required training materials. The actual implementation of the project is documented in the section titled "Project Implementation."

1.1.2 Project Design

The Well Elderly Integrated Training Project was initially conceptualized primarily as a service-oriented endeavor with the evaluation component structured to determine the effectiveness of services. The project required that a Resource Faculty, composed of highly qualified persons in both the clinical and academic fields of nursing, nutrition, exercise physiology, behavioral science, dentistry pharmacology, and evaluation, experienced in the integration process and under the guidance of a project medical director, develop an integrated training program and materials for Trainers and Co-Trainers. The Trainers were to be identified as (preferably) respected, healthy elderly high in the senior citizens social structure, possibly retired health practitioners or interested nursing or health educators in the region. Each Trainer was to be assisted by at least one Co-Trainer (medical, nursing, dietetic, or exercise physiology student). The initial design targeted a total of 150 subjects, 15 Trainers, and 15 Co-Trainers. The 150 subjects were to be divided into control and experimental groups and were to represent both rural and urban settings.

As originally proposed, the project required development of training materials, formative evaluations of the training of Trainers and the Co-Trainers, and actual implementation of the project. Implementation was to take the form of assessing the subjects (by Health Educator and coordination staff) and, based on this information, developing integrated Care Plans (Resource Faculty) which the subjects would follow (by working with Trainers and Co-Trainers). Finally, the subjects were to be reassessed (Health Educator and Coordination Staff).

In a formal sense, the evaluation of the field phase of the project was to be accomplished by using a quasi-experimental pre-

and post- test control group design. Three replications were initially anticipated with the control groups receiving all the information and individual Care Plans used as part of the experimental conditions after termination of the project. The design for the project is presented below:

Quasi-Experimental Pre- and Post- Test Control Group Design

	PRE		POST	
Replication 1	O_{1-10}	X_E	O_{1-10}	
	O_{1-10}		O_{1-10}	(X_E)
	PRE		POST	
Replication 2	O_{1-10}	X_E	O_{1-10}	
	O_{1-10}		O_{1-10}	(X_E)
	PRE		POST	
Replication 3	O_{1-10}	X_E	O_{1-10}	
	O_{1-10}		O_{1-10}	(X_E)

Where:
X_E - Treatment Group
(X_E) - Control Group will receive training information after the study has been completed
--- - subject not assigned to treatment randomly; experimental group assigned to site randomly

O_1 - nutrition variables
O_2 - pharmacology variables
O_3 - exercise variables
O_4 - self concept
O_5 - locus of control
O_6 - blood pressure (diastolic)
O_7 - blood pressure (systolic)
O_8 - pulse rate
O_9 - skin fold measures
O_{10} - range of motion variables

1.2 Project Implementation

1.2.1 Timelines

Work on the Well Elderly Integrated Training Project began in May, 1986. Soon after the official start of the project (October 6, 1986), the Resource Faculty determined that oral health was an important component of wellness and that dentistry should be an integral part of the project. Development of the health appraisal and risk assessment instrumentation began during the summer of 1986 and was piloted and completed in March of 1987. By May, 1986, discussion was underway with potential implementation sites. Work on the Training Manual began in late 1986 and was completed in May, 1987. Identification of the Co-Trainers was completed in May of 1987 and the group attended their one day training session on June 20, 1987. Selection of the Trainers was completed in June 1987 and their training session was held on July 28, 1987. Preassessment data (Personal Lifestyle Survey and physical measures) was gathered during August and September in 1987 with the initial Care Plans and global ratings (developed by Resource Faculty) for the experimental group developed during the last week of September and first week of October. These Care Plans were then implemented by the Trainers no later than the first week in November. Reassessment of both the experimental and control groups took place during the third and fourth week of December. Trainers were able to work with most participants for approximately six weeks. Revised Care Plans were then developed by the Resource Faculty for the experimental group and initial Care Plans were developed for those subjects who were members of the control group. These plans were provided to all project participants by March, 1988.

1.2.2 Protection of Human Subjects

In partial fullfillment of the project´s ethical responsibility to protect participants, the Resource Faculty submitted to the Institutional Review Board of the Northeast Ohio Universities College of Medicine information concerning the design and implementation of the project. This was done in March of 1987. This information is documented in the Appendix titled Protection of Human Subjects and includes the cover letter and description of the proposed research as well as the informed consent and medical clearance forms to be used.

Implementation of the project took longer than expected due to unanticipated delays requiring additional clarification as the project worked through the Institutional Review Board process. While this contributed to the over-all quality, future projects should consider allowing additional time for the completion of this phase.

1.2.3 Site Selection

The original design was quasi-experimental and postulated three replications using six different sites. The initial intent was to physically separate experimental and control groups. As the project was operationalized, seven sites were required in order to obtain the necessary sample size. Three of these sites, Barberton Senior Citizen´s Center, Barberton Allen Dixon Senior Apartments, and the Northern Summit County Multi-Service Center, provided only control group participants. Two sites, Stow-Kent Gardens and the Center for Older Adults Today (through NEOUCOM), provided only experimental participants. The remaining two sites, Cuyahoga Falls Senior Citizens Group (Grant Cultural Center) and Copeland Oaks provided both control and experimental participants (1 and 15 and 4 and 53 control and experimental participants respectively).

1.3 Database Development

All outcome measures collected as part of the experimental design of this project have been integrated into one comprehensive database. The measures include the pre- and post- Personal Lifestyle Surveys, the pre- and post- physical measures, and the pre- and post- Resource Faculty global ratings. This information was collected on 171 subjects and is equivalent to 168,696 pieces of information.

The data and database have been organized by individual subjects. There are 16 cards per subject with the first 8 representing pre-test information and the remaining 8 post-test information. Within the database all post-test variable names are distinguished from pre-test variable names by prefacing the name with the letter "B". The database has been documented in the Appendix titled Database Documenatation.

Three pieces of information have been provided in both print and electronic format. The first piece of information is the Data Set Codebook. This document provides an alphabetical list of the variables, the type of variable (alpha or numeric), the size of the datafield, and the questionnaire from which it was derived (lifestyle, physical measures, or global ratings). A reference to the question number, an indication of whether the datafield is from the pre- or post-test, and the definition of the various values found in each data field are also provided. All question numbers can be referenced to the original questionnaires which are located in the Appendix titled Outcome Measures.

The second piece of information provided is the SAS Input Jobstream. This document provides easy reference to all variable names (through the input statement) and documents the development of all transformed variables (raw score conversions, summary scores, and gain scores). In addition, the dropping of case number 17 of the C.O.A.T site and the transformation of all out of range data to "missing" is documented. Finally, this section contains a physical listing of all 2,736 lines of raw data for the 171 subjects in this project.

The last printed document to be provided in the Appendix is a SAS Log from an actual job run. This log can be used as a reference in situations where the data is to be run in the future. The SAS Log produced at the time of a future run should be identical to the one published in this document.

The last piece of information included is an electronic version of the three documents referenced above. They are provided on a 5 1/4 inch double-sided, double-density disk as ASCII files created under MS DOS. Respectively, they are titled CODEBOOK.WEL, JOBSTRM.WEL, and SASLOG.WEL. Of particular value is the JOBSTRM.WEL file. Since this file is literally the SAS jobstream (including data), one has only to upload this file to a mainframe capable of running SAS in order to run additional analyses on the project database. This capability is seen as extremely important and cost efficient in helping to answer additional questions that may arise which were not part of the original design.

1.4 Training Component

The Well Elderly Integrated Training Project was designed to have a primary focus on service delivery. This was to be accomplished by educating both Trainers and Co-Trainers for the purpose of implementing Care Plans with the subjects which were developed by the Resource Faculty. This information was presented in a format which integrated the various disciplines' specific concerns through the use of case studies during the face-to-face training sessions. The faculty was also concerned that the Trainers and Co-Trainers not overstep their ethical and legal boundaries. These concerns were emphasized in the written Training Manual and during the face-to-face training sessions.

1.4.1 Development of Training Manual

Development work on the Training Manual began in October of 1986 and continued through May of 1987. The focus of the manual was to orient both the Trainers and Co-Trainers to the project and to provide the necessary discipline-specific information and prohibitions. It included general information about the project, the resource faculty, communication skills, and general physiological changes and safety activities related to aging.

The core of the Training Manual was devoted to nutrition, exercise physiology, pharmacology, and dentistry. Each of these areas was divided into three sections: (1) a general introduction, (2) a series of assessment questions, and (3) documentation of specific changes and interventions. The introduction section was designed to provide discipline-specific information necessary to place into context the assessment questions and interventions that were presented. The assessment question section for each of the discipline areas abstracted content from the Personal Lifestyle Survey and presented a rationale for each of the items. The changes and interventions section for each of the disciplines attempted to present the range of changes and interventions that would be recommended in the individual Care Plans. The concept was to pair specific interventions with recommended changes and to have these available for discussion during training and as a reference for the Trainers and Co-Trainers as they worked with the subjects.

1.4.2 Training

The training of Trainers and Co-Trainers was done separately with Co-Trainers June 20, 1987 and Trainers July 28, 1987. The Co-Trainer session was held at The University of Akron and was eight hours in length. The Trainer session was held at the University Club (The University of Akron) and was five hours long. In the month prior to each session the training manuals were forwarded to the participants with instructions to review the materials prior to the training sessions. Each session contained a general introduction to the project, a section on communication skills, and presentations by the Resource Faculty relative to the specific content areas of pharmacology, nutrition, oral health, and exercise physiology. In order to integrate the individual disciplines, major emphasis was placed on the use of case histories. This took place after the discipline-specific presentations.

Several formative evaluation procedures were used during the Co-Trainer´s session. First, the participants were asked to rate each content specific presentation on nine Likert-type items including worthless-valuable, good-bad, boring-interesting, important-unimportant, superfical-detailed, effective-ineffective, useful-nonuseful, too much-too little, and well done-poorly done. These ratings were obtained from the

"Training Session Evaluation" instrument which is documented in the Appendix titled Training Evaluation.

Second, several procedures were used to evaluate the participants likely behaviors relevant to content specific information and their role as Co-Trainers. These procedures included asking the Co-Trainers to respond to 15 Likert-type, behaviorally-based, content-specific items (see "Content Evaluation" instrument in Training Evaluation Appendix). In addition, the Resource Faculty was asked to rate each participant, to the extent possible, relative to five discipline-specific, Likert-type behavioral items, two behaviorally-oriented Likert-type items focusing on case history integration, and a global pass/fail item. These are documented in the "Faculty Evaluation of Trainer/Co-Trainer" Instrument (Training Evaluation Appendix).

Interpretation of evaluation data gathered after the Co-Trainer training session was forwarded to the Resource Faculty. These included a summary of the participants "Training Session Evaluation" data and the Resource Faculty´s global pass/fail rating across disciplines (see "Co-Trainer Evaluation Results" in the Training Evaluation Appendix). In addition, the fifteen item "Content Evaluation" completed by each participant was duplicated and forwarded to each faculty member. Information that was gleaned from the "Training Session Evaluation" instrument was used by each discipline-specific team in reshaping their presentations for the Trainers. Forwarding of the "Content Evaluation" and global pass/fail information to individual faculty members was designed to allow for individual follow-up and thus assure consistency prior to implementation of the Care Plans.

Information gathered in the "Discipline Specific" and "Case History Integration" sections of the "Faculty Evaluation of Trainer/Co-Trainer" was largely incomplete and was not formally used. Based on discussions with the Resource Faculty, it was determined that the information requested was so specific that the interaction time alloted to each discipline did not allow for adequate assessment on an individual basis. As a result the global ratings and the fifteen item "Content Evaluation" were the primary methods for assessing the adequacy of each participant's preparation and need for additional training.

1.5 Development of Outcome Measures

1.5.1 Background

One of the initial tasks facing the project faculty was the adoption of a definition for "well elderly." This was crucial to the extent that it would define the population of individuals who would be eligible to participate in the project and thus impact the outcome measures. The definition accepted was that of an individual who was "at least 60 years old and functioning independently in activities of daily living." Based on this definition, faculty, in October of 1986, began to search for an appropriate health assessment/risk appraisal instrument. The Sickness Impact Profile and the Kane/Kane Instrument were considered. Both were self-administered and included items relevant to the project; however, drugs, exercise, and nutrition were not considered to be adequately addressed. In addition, the faculty felt that these assessment tools were designed for the non-well elderly. Also considered was the Wellness Inventory, which was deemed to be more appropriate for assessing the well elderly. However, faculty felt that it did not adequately assess drug usage and exercise.

An instrument developed by Sharon R. Lilly and Nancy Swanney at Lima Area Health Education Consortium, titled "Helping Seniors Stay Healthy: Personal Lifestyle Survey" was also considered. This instrument, in a much modified form, served to shape the Well Elderly Integrated Training Project's "Personal Lifestyle Survey." In particular, the demographic data, developmental activities, psychosocial activities, activities of daily living, activities regarding medications, physical fitness activities, safety activities and activities regarding nutrition had their basis in this instrument. In addition to the above sections, the project faculty felt that it was necessary to obtain a medication profile of both prescription and non-prescription drug usage. This instrumentation is documented in the Appendix titled Outcome Measures and appropriate database references can be found in the codebook located in the Appendix titled Database Documentation.

Since the Personal Lifestyle Survey represented subject report, the project faculty deemed it necessary to assess a number of physical measures directly. These included measures of weight, height, blood pressure, pulse, mid arm circumference, knee height, tricep skinfold, and subscapular skinfold. In addition, a decision was made to include global ratings by faculty based on all the information used in the development of the individual Care Plans. These instruments are respectively titled "Physical Measures" and "Global Ratings" and are included in the Outcome Measures Appendix.

1.5.2 Personal Lifestyle Survey

Between October of 1986 and March of 1987, the project´s Personal Lifestyle Survey went through a series of developmental changes based on faculty input and pilot testing. During development of the instrument, four pilots were run. In all instances, faculty members and/or the Health Educàtor administered the instrument and reported the results to the full faculty. The instrument was completed and accepted by the faculty in March, 1987. Relevant information concerning the various sections of the Personal Lifestyle Survey is presented in the following sections.

1.5.2.1 Demographic Data

The demographic data section of the "Personal Lifestyle Survey" included questions concerning age, sex, marital status, work status, living arrangements, education, and present state of health. In addition, requests for information about the last medical and dental checkups, eye, hearing, and urological examinations, blood pressure screenings, and electrocardiograms were included. This information is documented in the codebook.

1.5.2.2 Developmental Activities

A developmental activities summary score was created from the items in section "B" (Developmental Activities) of the Personal Lifestyle Survey. All items were stated positively with "yes/usually" coded as "3", "sometimes/maybe" coded as a "2", and "no/rarely" coded as a "1" with the exception of item #18. In this instance, "yes/usually" indicated the loss of a loved one within the last year and was considered to be negatively stated.

To account for this, questions #18 ("...experienced the loss of a loved one this last year")and #18A ("...adjusted to this loss") were combined to yield a single score. The effect of the process used was to provide credit for adjusting to a loss. The summary score was created by adding together items #1 through #17, the value of item #18 as modified by #18A, and #19. Therefore, a larger scale score implies a higher level of developmental activities. Separate summary scores were created for both pre- and post- assessments. The exact data transformations are documented in the Appendix titled SAS Input Job Stream.

1.5.2.3 Psychosocial Activities

A psychosocial activities summary score was created from the items in section "C" (Psychosocial Activities of the Personal Lifestyle Survey). All items were stated positively with "yes/usually" coded as a "3", "sometimes/maybe" coded as a "2´, and "no/rarely" coded as a "1" with the exception of items #10, #11, #12, #14, #15, #16, #19, #24, #25, #26, and #27. In these instances, "yes/usually" (coded "3") indicated a higher degree of less functional psychosocial behaviors. To account for this, the summary score was created by adding together items #1 through #9, #13, #17, #18, #20 through #23, #28 through #30 and subtracting #10 through #12, #14 through #16, #19, and #24 through #27.

Therefore, a larger scale score implies a higher level of psychosocial activities. Separate summary scores were created for both pre- and post-assessments. The exact data transformations are documented in the the Appendix titles SAS Input Job Stream.

1.5.2.4 Activities of Daily Living

An "Activities of Daily Living" summary score was created from the items in section "D" (Activities of Daily Living) of the Personal Lifestyle Survey. All items were stated positively with "yes/usually" coded as "3", "sometimes/maybe" coded as "2", and "no/rarely" coded as "1" with the exception of items #6, #8, and #9. For items #6 and #8, "yes/usually" (coded "3") indicated a higher degree of less functional activities of daily living. Item #9 quantified the period of time since the respondent gave up smoking. If this occurred within the last four years, a value of "1" was coded; if the time period was from 5 to 10 years ago, a value of "2" was coded; if the time period was greater than 10 years ago, a value of "3" was coded. Finally, if the respondent never smoked, a value of "4" was coded. To account for these changes, the summary score was created by adding together items #1 through #5, #7, #9 through #19 and subtracting items #6 and #8. Therefore, a larger scale score implies a higher level of activities of daily living. Separate summary scores were created for both pre- and post- assessments. The exact data transformations are documented in the Appendix titled SAS Input Job Stream.

1.5.2.5 Physical Fitness Activities

Based on expert judgment, three physical fitness activity summary scores were created from the items in section "E" (Physical Fitness Activities) of the Personal Lifestyle Survey. The three summary scores are: (1) Physical Fitness Activities; (2) Physical Fitness Leisure; (3) Physical Fitness Perception.

The items used to create the physical fitness activity summary score were all stated positively. The physical fitness activity summary score included items #1 through #3 and #9. For items #1, #2 and #3, the respondents indicated the frequency of participation per week. For analysis, data was coded as present (=1) or absent (=0). For item #9, respondents coded "yes/usually" as a "3", "sometimes/maybe" as a "2", and "no/rarely" as a "1". The summary score was created by adding together items #1 through #3 (all components) and #9. Therefore, a larger scale score implies a higher level of physical fitness activities.

The items used to create the physical fitness leisure summary score were all stated positively with the respondents indicating the frequency of participation per week. For analysis, data was coded as present (=1) or absent (=0). The summary score was created by adding together all the components of item #4. Therefore, a larger scale score implies a higher level of sedentary activities.

The items used to create the physical fitness perception summary score were all stated positively with "yes/usually" coded as a "3", "sometimes/maybe" coded as a "2", and "no/rarely" coded as a "1". The summary score was created by adding together items #5 through #8. Therefore, a larger scale score implies a perception of greater physical fitness.

For all three physical fitness scales, separate summary scores were created for both pre- and post- assessments. The exact data transformations are documented in the Appendix titled SAS Input Job Stream.

1.5.2.6 Safety Activities

A safety activities summary score was created from the items in section "F" (Safety Activities) of the Personal Lifestyle Survey. All items were stated positively with "yes/usually" coded as a "3", "sometimes/maybe" coded as a "2", and "no/rarely" coded as a

"1" with the exception of #20. In this instance, the item assessed the need to "rely on public or others for transportation". To account for this, the summary score was created by adding together items #1 through #19, #21, and #22. Therefore, a larger scale score implies a higher level of safety activities. Based on expert judgment, item #20 was analyzed independent of the other items. Separate summary scores were created for both pre and post assessments. The exact data transformations are documented in the Appendix titled SAS Input Job Stream.

1.5.2.7 Nutritional Activities

A nutritional activities summary score was created from the items in section "G" (Nutritional Activities) of the Personal Lifestyle Survey. All items were stated positively with "yes/usually" coded as a "3", "sometimes/maybe" coded as a "2", and "no/rarely" coded as a "1" with the exception of items #6, #9, #10, #11 (all components), #18, #21, #29, and #30. In these instances, "yes/usually" (coded "3") indicated detrimental nutritional activities (negative value). The summary score was created by adding together items #1 through #5, #6, #7, #12 through #17, #19, #20, #22 through #28, and #33 and subtracting items #6, #9, #10, #11 (all components), #18, #21, #29, and #30. Therefore, a larger scale score implies a higher level of functional nutritional activities. Based on expert judgment, #31 was analyzed independent of the other items. Separate summary scores were created for both pre- and post-assessments. The exact data transformations are documented in the Appendix titles SAS Input Job Stream.

1.5.2.8 Activities Regarding Medications

A medication activities summary score was created from the items in section "H" (Activities Regarding Medications) of the Personal Lifestyle Survey. All items were stated positively with "yes/usually" coded as a "3", "sometimes/maybe" coded as a "2", and "no/rarely" coded as a "1" with the exception of items #18, #19, and #20. In these instances, "yes/usually" (coded "3") would indicate inappropriate activities and can be considered negatively stated. The summary score was created by adding together items #1 through #17, and #21 through #24 and subtracting items #18 through #20. Therefore, a larger scale score implies a higher level of functional medication activities. Based on expert judgment, #25 was analyzed independent of the other items. Separate summary scores were created for both pre- and post- assessments. The exact data transformations are documented in the Appendix titled SAS Input

Job Stream.

1.5.2.9 Prescription Medications Used

A "Personal Medication Profile" was included in the Personal Lifestyle Survey. This consisted of gathering information about the name, use, and dosage of various prescription medications. The information was organized according to the following categories: heart, water, blood pressure, nerve pills, blood thinners, arthritis medications, antibiotics, narcotics or other pain medications, sleeping, diabetic pills and injections, hormones, allergy, eye, ear, nose, hemorrhoidal medications, diet pills, seizure medications, and others. In addition, information concerning allergic reactions to prescription medications was included. In order to obtain accurate information, respondents were asked to bring all currently used medications to the assessment appointment. Information was obtained from bottle labels. Three types of information were coded for purposes of the present study: presence of absence of a particular class of medicine (as listed above), "presently using medication", and "used medication in last year." In each instance, the information was coded as "present" equals "1" or "absent" equals "0."

1.5.2.10 Non-Prescription Medications Used

A "Personal Medication Profile" was included in the Personal Lifestyle Survey. This consisted of gathering information about the name, use and dosage of various non-prescription medications. The information was organized according to the following categories: cough and cold pills, drugs for pain and fever, antacids, laxatives, antidiarrheals, drugs to stay alert, drugs for nerves, drugs to get to sleep, vitamins and minerals, ointments and salves, steroid ointments, alcohol, coffee, tea, cola, tobacco, salt substitutes, drugs for allergic reactions and allergies, and sugar substitutes. In addition, information concerning allergic reactions to non-prescription medications was included. In order to obtain accurate information, respondents were asked to bring all currently used non-prescription medications to the assessment appointment. Three types of information were coded for purposes of the present study: presence or absence of a particular class of non-prescrition medication (as listed above), "presently using non-prescription medication" and "used non-prescription medication in last year." In each instance the information was coded as "present" equals "1", or "absent" equals "0."

1.5.2.11 Derived Scales

Several scales were derived by "expert judge" opinion from the various items that comprised the Personal Lifestyle Survey. Among them were a dental scale and four psychological scales: internal locus of control; self-concept; sociability; and depression.

The dental scale was designed to measure positive oral behaviors. It was created by adding items #A18B, #D4, #D4A, #D11, #F21, #F22 and subtracting #A13I, #G11B, #G11E, and# H25. Separate summary scores were created for both pre- and post-assessments.

The internal locus of control scale was created by adding items #B1, #B5, #B12, #B19, #C13, #C20, #D16 through #D19 and subtracting #C25. A higher score on this scale suggests a stronger internal locus of control. Separate summary scores were created for both pre- and post- assessments.

The self-concept scale was created by adding items #B2, #B3, #B6, #B8, #B15, and #B17. A higher score on this scale suggests a stronger self-concept. Separate summary scores were created for both pre- and post-assessments.

The sociability scale was created by adding items #C2, #C3, #C7 through #C9, #C17, #C18, #C23, and #C28 and subtracting #C16. A higher score on this scale suggests a greater degree of sociability. Separate summary scores were created for both pre-

and post-assessments.

The depression scale was created by adding items #B10 through #B12 and #C10 through #C12. A higher score on this scale suggests a higher degree of depression. Separate summary scores were created for both pre- and post- assessments.

1.5.3 Physical Measures

Eight physical measures were obtained at both pre and post assessments. These included weight (to the nearest pound), height (in feet and inches), blood pressure, pulse rate, mid arm circumference, knee height, triceps skinfold, and subscapular skinfold. Resource Faculty, Trainers, and Co-Trainers were taught the appropriate techniques for obtaining these measures. To the extent possible, project personnel completed both the pre- and post- assessments on the same participants.

1.5.4 Global Measures

The faculty was requested to provide global ratings of participant's health, developmental and psychosocial activities, activities of daily living, safety activities, overall quality of life, physical fitness, nutrition, medication knowledge, assessment of degree of medication, and the potential for over/under medication. These global ratings were based on the faculty's perceptions of the information provided by the respondents in his/her Personal Lifestyle Survey and were completed immediately after the integrated Care Plans were developed. Separate global ratings were created for both pre- and post-assessments.

1.6 Population Demographics

The final sample included 88 persons in the control group and 82 persons in the experimental group. The mean age for the experimental group was 77.6 years while the average age for the control group was 70.9 years. Twenty-three percent of the experimental group and 31% of the control group were males while 77% and 69% of the experimental and control groups, respectively, were females. Fifty-two percent of the control group were married as compared to 31% of the experimental group. In the experimental group, however, 55% of the subjects were widowed in comparison to only 38% in the control group. Both groups were similar in terms of the percent divorced (control - 6%, experimental - 9%) and the number of participants who considered themselves single (control - 3%, experimental - 5%). The amount of time each group indicated they had been in the current marital status (experimental 26.8 years, control - 30.1 years) was also similar. In responding to the question "How many people live in your household?", the mean for the experimental group was .5 persons while the control group was 1.2 persons.

When asked to indicate to the type of housing which they currently occupied, 26% of the experimental group as compared to 69% of the control group indicated that they resided in their own home. Fifty-two percent of the experimental group as compared to 1% of the control group responded that they currently resided in a retirement home. For the experimental group, the retirement home setting ranked number one with living at home in second place. The control group, however, ranked living at home in first place while living in a retirement home was ranked fifth among the possible responses. In responding to the question "Have you changed your residence in the last year?", 12% of the experimentals and 10% of the controls indicated that they had.

The educational level with the largest group of subjects was the same in both the experimental and control groups with 37% and 60% respectively, indicating the highest level attained was high school. The groups differed, however, in their rankings for the second highest level of educational attainment. Twenty-one percent of the experimental group indicated bachelors degree plus additional course work while the control group indicated that both elementary school and vocational/technical school (12% each) was the second highest level of attainment.

When asked to indicate the adequacy of their current income, 80% of the experimental and 69% of the control groups indicated that it was adequate. However, 3% of the experimental participants and 5% of the controls indicated that their current income was inadequate. In absolute dollars, 33% of the experimental and 24% of the control groups listed their current monthly income as greater than $1,250. Another 29% of the experimental and 37% of the control subjects indicated a monthly income between $800-$1,250. At the other end of the spectrum, 8% of the experimental and 14% of the control groups indicated that their monthly income was less than $400. The control group indicated a higher eligibility for Medicare (66%) as compared to the experimental group (51%).

Both the experimental and control groups perception of their present state of health were similar. Based on a 4-point scale with "4" representing "excellent" and "1" representing "poor," the mean of the control group was 2.8 as compared to 2.7 for the experimental subjects. When asked to indicate the existence of any disabilities, 60% of the experimental and 64% of the control groups indicated none existed. Similarly, when asked if temporary health problems were currently being experienced, 55% of the experimental and 57% of the control groups indicated none were currently being experienced.

Both the experimental and control groups provided information concerning the types of medical problems they were experiencing. The problem categories were: arthritis, skin, circulatory or blood vessel, cancer or tumors, urinary, loss of hearing, lung and breathing, stroke, dental/denture, stomach/bowel, diabetes, high blood pressure, anemia, glaucoma or cataracts, thyroid, allergies, and other. The top three rankings of medical problems were identical for both groups. In descending order, they were arthritis, blood pressure, and hearing loss. The least reported problem for both the experimental and control groups was anemia (3.5%) with cancer/tumors tied with anemia in the control group. Cancer/tumors were the second least reported medical problem in the experimental group (2.5%) while stroke was ranked second in the control group (4.5%).

Both the experimental and control groups were asked to indicate whether or not they had medical, dental, eye, hearing, blood pressure, electrocardiogram, or urologic examinations. In both groups the top three types of examinations likely to be obtained were medical, eye and blood pressure. The least likely type of examination to be obtained by the control group was the urologic while a hearing examination was least likely for the experimental group.

When asked to respond to the number of different medications currently used (both prescription and nonprescription including vitamins, minerals, aspirin, and the like), both groups (51%) indicated 1 to 3 different medications as the most common response. In addition, another 32% of the experimental group and 21% of the controls indicated that they were currently taking 4 or 5 different medications. Specific information conerning the prescription and non-prescription medication profiles of the individual participants was obtained in the Personal Lifestyle Survey. This information included the type of medication used, whether or not it was currently being used, and whether it was used in the last year.

The prescription medication profile contained information concerning the use of heart, water, blood pressure, nerve, blood thinning, arthritis, antibiotics, narcotics or other pain drugs, sleeping, and diabetic pills or injections. The medications most often used by the control group were blood pressure (33%), arthritis (26%), heart (23%), and water (11%). For the experimental group the top four medications were blood pressure (32%), other (26%), heart (22%), and arthritis (18%).

The non-prescription medication profile contained information concerning the use of cough and cold, pain or fever, antacid, laxative, antidiarrheal, stimulant, nerve and sleeping medications, and vitamins and minerals. Also included were steroid ointments, alcohol, coffee, tea, cola, tobacco, salt and sugar substitutes, drugs for allergic reactions and allergies, and a list of allergies. The non-prescription medications most often used by the control group were coffee (55%), tea (32%), vitamins and minerals (27%), and sugar substitutes (19%). For the experimental group, the top four non-prescription medications were coffee (46%), tea (32%), vitamins and minerals (30%), and antacids (18%). Several physical measures of the experimental and control group participants were obtained. Among these were weight, blood pressure, and pulse. The mean weight for the experimental group was 148 pounds while the mean for the control was 160. The systolic mean for the experimental group was 145 mm Hg while the average for the controls was 140 mm Hg. The diastolic mean for the experimental group was 77mm Hg while for the control was 79mm Hg.

1.7 Results Based On Original Scales

1.7.1 Personal Lifestyle Survey

The following section presents information about the gains made by the experimental group over and above the changes within the control group. Gain scores were created for each scale item. In addition, a gain score for each of the scale summary scores was also calculated. Finally, for each scale the Sign Test which takes into account the collected expectations for the predicted direction of change for each of the individual scale items was computed. An a priori decision was made to set alpha at .05. Pre- and post-assessment means, sample sizes, and the accompanying significance for each item and scale summary scores are presented in the tables accompanying each of the major scales.

1.7.1.1 Developmental Activities

Four items, #11 ("I have attained my goals for life"), #12 ("I am establishing new goals for the future"), #15 ("I am satisfied with my personal appearance"), and #19 ("I am interested in continued learning") had differences in gain scores between the experimental and control groups which were significant. However, the gain of the summary score was not significant. The Sign Test, however, was significant. The data suggest that the experimental subjects set more new goals, became more interested in continued learning, and became more satisfied with their personal appearance. The specific item results along with the Sign Test imply that the project had a positive impact on the participants´ developmental activities as measured by the items

DEVELOPMENTAL ACTIVITIES
Experimental/Control Pre/Post Means

Item #1

	Pre	Post	Expected Direction
Exp	2.67 N = 73	2.80 N = 35	+
Cont***	2.80 N = 86	2.68 N = 44	

Item #2

	Pre	Post	Expected Direction
Exp	2.91 N = 78	2.97 N = 35	+
Cont	2.95 N = 86	2.98 N = 44	

Item #3

	Pre	Post	Expected Direction
Exp	2.82 N = 78	2.83 N = 35	+
Cont	2.81 N = 85	2.77 N = 44	

Item #4

	Pre	Post	Expected Direction
Exp	2.70 N = 74	2.74 N = 35	+
Cont	2.65 N = 85	2.61 N = 44	

Item #5

	Pre	Post	Expected Direction
Exp	2.87 N = 77	2.86 N = 35	+
Cont	2.87 N = 86	2.80 N = 44	

Item #6

	Pre	Post	Expected Direction
Exp	2.75 N = 76	2.80 N = 35	+
Cont	2.70 N = 86	2.66 N = 44	

Item #7

	Pre	Post	Expected Direction
Exp	2.87 N = 77	2.82 N = 33	+
Cont	2.65 N = 81	2.41 N = 44	

Item #8

	Pre	Post	Expected Direction
Exp	2.61 N = 72	2.72 N = 32	+
Cont	2.81 N = 84	2.80 N = 44	

Notes: *F-test on gain scores between experimental and control groups significant (α = .05)
**T-test on experimental group gain scores significant (α = .05)
***T-test on control group gain scores significant (α = .05)

Item #9

	Pre	Post	Expected Direction
Exp	2.87 N = 76	2.71 N = 35	-
Cont	2.73 N = 85	2.61 N = 44	

Item #10

	Pre	Post	Expected Direction
Exp	2.75 N = 69	2.71 N = 34	+
Cont	2.69 N = 84	2.60 N = 43	

Item #11*

	Pre	Post	Expected Direction
Exp**	2.27 N = 71	2.38 N = 32	+
Cont***	2.47 N = 81	2.25 N = 44	

Item #12*

	Pre	Post	Expected Direction
Exp**	2.13 N = 64	2.27 N = 33	+
Cont	2.17 N = 78	1.93 N = 43	

Item #13

	Pre	Post	Expected Direction
Exp	2.45 N = 71	2.49 N = 35	+
Cont	2.48 N = 83	2.30 N = 44	

Item #14

	Pre	Post	Expected Direction
Exp	2.59 N = 75	2.66 N = 35	+
Cont	2.64 N = 84	2.63 N = 43	

Item #15*

	Pre	Post	Expected Direction
Exp**	2.49 N = 76	2.60 N = 35	+
Cont	2.69 N = 85	2.51 N = 43	

Item #16

	Pre	Post	Expected Direction
Exp**	2.50 N = 76	2.54 N = 35	-
Cont	2.38 N = 85	2.49 N = 43	

Notes: *F-test on gain scores between experimental and control groups significant (α= .05)
**T-test on experimental group gain scores significant (α= .05)
***T-test on control group gain scores significant (α= .05)

Item #17

	Pre	Post	Expected Direction
Exp**	2.78 N = 73	2.86 N = 35	+
Cont	2.63 N = 83	2.64 N = 44	

Item #18 (#18 + #18A transformed, see text)

	Pre	Post	Expected Direction
Exp	.14 N = 69	.07 N = 28	+
Cont	.14 N = 69	.05 N = 38	

Item #19*

	Pre	Post	Expected Direction
Exp**	2.71 N = 77	2.91 N = 34	+
Cont	2.67 N = 79	2.45 N = 44	

Developmental Activities Summary Score

	Pre	Post
Exp**	47.86 N = 44	48.87 N = 23
Cont	47.31 N = 49	46.57 N = 35

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)

**T-test on experimental group gain scores significant ($\alpha = .05$)

***T-test on control group gain scores significant ($\alpha = .05$)

comprising the developmental activities summary score as presented in the Personal Lifestyle Survey.

1.7.1.2 Psychosocial Activities

Two of the items, #1 ("I´m involved in family and social activities outside my home.") and #4 ("I keep up with current events.") had differences in gain scores between the experimental and control groups which were significant. However, the gain of the summary score was not significant. The Sign Test, however, was significant. The data suggest that the experimental subjects became more involved in family and social activities outside the home and were more attuned to current events. The specific item results along with the Sign Test imply that the project had a positive impact on the participants´ psychosocial activities as measured by the items comprising the psychosocial activities summary score as presented in the Personal Lifestyle Survey.

1.7.1.3 Activities of Daily Living

Three items, #4A ("My missing teeth are satisfactorily replaced by full or partial dentures"), #16("I maintain my weight within

PSYCHOSOCIAL ACTIVITIES
Experimental/Control Pre/Post Means

Item #1*

	Pre	Post	Expected Direction
Exp	2.4 N = 76	2.7 N = 35	+
Cont***	2.5 N = 85	2.6 N = 43	

Item #2

	Pre	Post	Expected Direction
Exp	2.2 N = 79	2.3 N = 35	+
Cont	2.3 N = 85	2.3 N = 44	

Item #3

	Pre	Post	Expected Direction
Exp	2.2 N = 75	2.3 N = 35	+
Cont	2.5 N = 85	2.4 N = 44	

Item #4*

	Pre	Post	Expected Direction
Exp	2.7 N = 78	2.8 N = 35	+
Cont	2.7 N = 84	2.5 N = 43	

Item #5

	Pre	Post	Expected Direction
Exp	1.8 N = 69	1.6 N = 30	-
Cont	1.8 N = 80	1.8 N = 41	

Item #6

	Pre	Post	Expected Direction
Exp	1.8 N = 55	1.7 N = 23	-
Cont	1.9 N = 66	2.1 N = 35	

Item #7

	Pre	Post	Expected Direction
Exp	2.3 N = 78	2.3 N = 35	0
Cont	2.8 N = 87	2.8 N = 44	

Item #8

	Pre	Post	Expected Direction
Exp	2.8 N = 77	2.9 N = 35	+
Cont	2.8 N = 83	2.8 N = 43	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Item #9

	Pre	Post	Expected Direction
Exp	2.2 N = 74	2.3 N = 34	0
Cont	2.1 N = 82	2.2 N = 41	

Item #10

	Pre	Post	Expected Direction
Exp	1.4 N = 78	1.4 N = 35	-
Cont	1.5 N = 85	1.4 N = 44	

Item #11

	Pre	Post	Expected Direction
Exp	1.4 N = 79	1.3 N = 34	-
Cont	1.5 N = 84	1.3 N = 43	

Item #12

	Pre	Post	Expected Direction
Exp	1.6 N = 76	1.5 N = 35	-
Cont	1.9 N = 85	1.7 N = 44	

Item #13

	Pre	Post	Expected Direction
Exp	2.3 N = 66	2.5 N = 32	+
Cont	2.3 N = 81	2.1 N = 43	

Item #14

	Pre	Post	Expected Direction
Exp**	1.6 N = 78	1.4 N = 35	0
Cont	1.8 N = 84	1.6 N = 44	

Item #15

	Pre	Post	Expected Direction
Exp**	1.9 N = 71	1.6 N = 35	+
Cont	1.9 N = 83	1.8 N = 43	

Item #16

	Pre	Post	Expected Direction
Exp	1.7 N = 76	1.4 N = 35	+
Cont	1.5 N = 82	1.3 N = 43	

Notes: *F-test on gain scores between experimental and control groups significant (α = .05)
**T-test on experimental group gain scores significant (α = .05)
***T-test on control group gain scores significant (α = .05)

Item #17

	Pre	Post	Expected Direction
Exp	2.5 N = 75	2.7 N = 35	+
Cont	2.6 N = 85	2.7 N = 44	

Item #18

	Pre	Post	Expected Direction
Exp	2.7 N = 73	2.7 N = 34	+
Cont	2.7 N = 85	2.6 N = 42	

Item #19

	Pre	Post	Expected Direction
Exp	2.0 N = 73	1.9 N = 35	+
Cont	2.1 N = 82	2.1 N = 44	

Item #20

	Pre	Post	Expected Direction
Exp	2.7 N = 76	2.9 N = 35	+
Cont	2.8 N = 86	2.8 N = 44	

Item #21

	Pre	Post	Expected Direction
Exp	2.5 N = 76	2.8 N = 35	+
Cont	2.7 N = 84	2.7 N = 43	

Item #22

	Pre	Post	Expected Direction
Exp	2.4 N = 76	2.6 N = 35	+
Cont	2.5 N = 83	2.5 N = 43	

Item #23

	Pre	Post	Expected Direction
Exp	2.4 N = 73	2.5 N = 35	0
Cont	2.3 N = 83	2.4 N = 44	

Item #24

	Pre	Post	Expected Direction
Exp	1.5 N = 78	1.4 N = 34	-
Cont	1.7 N = 82	1.5 N = 41	

Notes: *F-test on gain scores between experimental and control groups significant (α = .05)
**T-test on experimental group gain scores significant (α = .05)
***T-test on control group gain scores significant (α = .05)

Item #25

	Pre	Post	Expected Direction
Exp	1.7 N = 77	1.5 N = 35	+
Cont	1.7 N = 85	1.6 N = 43	

Item #26

	Pre	Post	Expected Direction
Exp	1.5 N = 77	1.4 N = 32	0
Cont	1.8 N = 85	1.7 N = 42	

Item #27

	Pre	Post	Expected Direction
Exp	1.2 N = 78	1.2 N = 35	-
Cont	1.3 N = 83	1.1 N = 43	

Item #28

	Pre	Post	Expected Direction
Exp	2.5 N = 74	2.4 N = 34	-
Cont	2.5 N = 81	2.6 N = 44	

Item #29

	Pre	Post	Expected Direction
Exp	2.5 N = 74	2.5 N = 35	0
Cont	2.7 N = 83	2.7 N = 43	

Item #30

	Pre	Post	Expected Direction
Exp	2.5 N = 74	2.6 N = 31	+
Cont	2.5 N = 83	2.4 N = 43	

Psychosocial Activities Summary Score

	Pre	Post
Exp	29.2 N = 36	31.3 N = 18
Cont	30.1 N = 46	31.0 N = 26

Notes: *F-test on gain scores between experimental and control groups significant (α= .05)
**T-test on experimental group gain scores significant (α= .05)
***T-test on control group gain scores significant (α= .05)

desirable limits"), and #18 ("I can improve my health") had gain scores differences between the groups which were significant. However, the gain of the summary score was not significant. The Sign Test, however, was significant. The data suggest that the experimental subjects were more likely to replace their missing teeth and/or have their full or partial dentures satisfactorily adjusted and to maintain their weight within desirable limits. However, the results of item #18 were not in the expected direction. The data suggest that the experimental group was less likely to believe that they could improve their health. The specific item results, with the exception of #18, along with the Sign Test imply that the project had a positive impact on the participants' activities of daily living as measured by the items comprising the activities of daily living summary score.

1.7.1.4 Physical Fitness Activities

The items which comprise the physical fitness activities section of the Personal Lifestyle Survey were divided into three scales: physical fitness activities, physical fitness leisure activities, and physical fitness perception. Each of these is discussed below.

Physical Fitness Activities. Two items, #3J ("I engage in stretching exercises regularly"), and #3K ("I engage in other

ACTIVITIES OF DAILY LIVING
Experimental/Control Pre/Post Means

Item #1

	Pre	Post	Expected Direction
Exp	3.0 N = 80	2.9 N = 36	0
Cont	2.9 N = 86	2.8 N = 43	

Item #2

	Pre	Post	Expected Direction
Exp	2.8 N = 80	2.9 N = 34	+
Cont	2.9 N = 86	2.8 N = 44	

Item #3

	Pre	Post	Expected Direction
Exp	2.7 N = 78	2.8 N = 34	+
Cont	2.8 N = 87	2.8 N = 44	

Item #4

	Pre	Post	Expected Direction
Exp	2.8 N = 72	2.3 N = 34	0
Cont	2.0 N = 70	2.0 N = 39	

Item #4A *

	Pre	Post	Expected Direction
Exp**	2.6 N = 56	2.9 N = 23	+
Cont	2.6 N = 62	2.5 N = 28	

Item #5

	Pre	Post	Expected Direction
Exp	2.7 N = 80	2.8 N = 33	+
Cont	2.8 N = 86	2.8 N = 43	

Item #6

	Pre	Post	Expected Direction
Exp	1.7 N = 76	1.5 N = 34	+
Cont	1.7 N = 85	1.6 N = 42	

Item #7

	Pre	Post	Expected Direction
Exp	2.3 N = 76	2.2 N = 35	+
Cont	2.3 N = 86	2.0 N = 42	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Item #8

	Pre	Post	Expected Direction
Exp	1.2 N = 76	1.2 N = 33	0
Cont	1.4 N = 82	1.4 N = 42	

Item #9

	Pre	Post	Expected Direction
Exp	3.5 N = 75	3.6 N = 29	+
Cont	3.4 N = 72	3.2 N = 37	

Item #10

	Pre	Post	Expected Direction
Exp**	2.4 N = 79	2.5 N = 35	+
Cont	2.4 N = 78	2.4 N = 42	

Item #11

	Pre	Post	Expected Direction
Exp	2.3 N = 77	2.4 N = 34	0
Cont	2.1 N = 76	2.2 N = 40	

Item #12 (women & men combined)

	Pre	Post	Expected Direction
Exp	1.9 N = 76	1.9 N = 33	-
Cont	2.1 N = 81	2.2 N = 40	

Item #13

	Pre	Post	Expected Direction
Exp	1.5 N = 41	1.4 N = 32	+
Cont	1.7 N = 74	1.5 N = 74	

Item #14 (women & men combined)

	Pre	Post	Expected Direction
Exp	1.9 N = 78	1.9 N = 34	+
Cont	2.0 N = 76	1.9 N = 42	

Item #15

	Pre	Post	Expected Direction
Exp	1.8 N = 73	2.3 N = 31	+
Cont	2.4 N = 79	2.3 N = 43	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Item #16*

	Pre	Post	Expected Direction
Exp	2.3 N = 42	2.3 N = 35	+
Cont	2.4 N = 84	2.3 N = 80	

Item #17

	Pre	Post	Expected Direction
Exp	2.9 N = 80	2.9 N = 35	0
Cont	2.9 N = 86	2.9 N = 44	

Item #18*

	Pre	Post	Expected Direction
Exp**	2.7 N = 71	2.5 N = 19	-
Cont	2.6 N = 80	2.6 N = 36	

Item #19

	Pre	Post	Expected Direction
Exp	2.6 N = 77	2.6 N = 23	+
Cont	2.7 N = 85	2.6 N = 39	

Activities of Daily Living Summary Score

	Pre	Post
Exp	40.6 N = 30	41.4 N = 10
Cont	40.5 N = 30	38.6 N = 9

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

physical activities regularly") had differences in gain scores between the experimental and control groups which were significant. However, neither the gain of the summary score or the Sign Test were significant. The data suggest that more experimental subjects began to use stretching exercises on a regular basis and that both experimental and control groups used "other" types of exercise less consistently. However, the decrease was greater for the control participants than those in the experimental group.

Physical Fitness Leisure Activities. None of the items had differences in gain scores between the experimental and control groups which were significant. In addition, neither the gain of the summary score or the Sign Test were significant.

Physical Fitness Perception. None of the individual items which comprised this scale had differences in gain scores between the experimental and control groups which were significant. However, the gain of the summary score between the experimental and control groups was significant. Since there were only four items on this scale, a Sign Test was not possible. However, the experimental group evidenced results in the expected direction when compared to the control group. When this is considered in conjunction with the significant difference in the summary score gain scores, it suggests that subjects in the experimental group felt more positive about their physical fitness as measured by

PHYSICAL FITNESS ACTIVITIES
Experimental/Control Pre/Post Means

Item #1

	Pre	Post	Expected Direction
Exp**	.49 N = 80	.69 N = 35	+
Cont	.45 N = 86	.49 N = 43	

Item #2

	Pre	Post	Expected Direction
Exp	.45 N = 80	.63 N = 35	+
Cont	.73 N = 86	.82 N = 44	

Item #3A

	Pre	Post	Expected Direction
Exp	.09 N=81	.11 N = 35	-
Cont	.06 N = 86	.11 N = 44	

Item #3B

	Pre	Post	Expected Direction
Exp	.06 N = 81	.03 N = 35	0
Cont	.10 N = 86	.07 N = 44	

Item #3C

	Pre	Post	Expected Direction
Exp	.01 N = 81	.03 N = 44	-
Cont	.06 N = 86	.18 N = 35	

Item #3D

	Pre	Post	Expected Direction
Exp	.25 N = 81	.29 N = 35	+
Cont***	.54 N = 86	.43 N = 44	

Item #3E

	Pre	Post	Expected Direction
Exp	.52 N = 81	.51 N = 35	-
Cont	.71 N = 86	.80 N = 44	

Item #3F

	Pre	Post	Expected Direction
Exp	.10 N = 81	.17 N = 35	+
Cont	.12 N = 86	.16 N = 44	

Notes: *F-test on gain scores between experimental and control groups significant (α = .05)
**T-test on experimental group gain scores significant (α = .05)
***T-test on control group gain scores significant (α = .05)

Item #3G

	Pre	Post	Expected Direction
Exp	.38 N = 81	.43 N = 35	+
Cont	.20 N = 86	.18 N = 44	

Item #3H

	Pre	Post	Expected Direction
Exp	.15 N = 80	.17 N = 35	+
Cont	.16 N = 86	.14 N = 44	

Item #3I

	Pre	Post	Expected Direction
Exp	.07 N = 44	.09 N = 35	–
Cont	.20 N = 86	.25 N = 81	

Item #3J*

	Pre	Post	Expected Direction
Exp	.44 N = 81	.60 N = 35	+
Cont	.36 N = 86	.36 N = 44	

Item #3K*

	Pre	Post	Expected Direction
Exp	.26 N = 80	.23 N = 35	+
Cont	.26 N = 86	.36 N = 44	

Item #7

	Pre	Post	Expected Direction
Exp	22 77	23 77	
Cont	22	22	

Physical Fitness Activities Summary Score

	Pre	Post
Exp	5.7 N = 75	6.5 N = 33
Cont	6.3 N = 81	6.7 N = 40

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)

**T-test on experimental group gain scores significant ($\alpha = .05$)

***T-test on control group gain scores significant ($\alpha = .05$)

PHYSICAL FITNESS LEISURE ACTIVITIES
Experimental/Control Pre/Post Means

Item # 4A

	Pre	Post	Expected Direction
Exp	.90 N = 81	.89 N = 35	+
Cont	.81 N = 86	.82 N = 44	

Item #4B

	Pre	Post	Expected Direction
Exp	.93 N = 81	.88 N = 35	+
Cont	.88 N = 86	.93 N = 44	

Item #4C

	Pre	Post	Expected Direction
Exp	.43 N = 81	.49 N = 35	-
Cont	.40 N = 86	.43 N = 44	

Item #4D

	Pre	Post	Expected Direction
Exp	.17 N = 86	.23 N = 44	+
Cont	.02 N = 44	.11 N = 80	

Item #4E

	Pre	Post	Expected Direction
Exp	.43 N = 81	.43 N = 35	+
Cont	.35 N = 85	.45 N = 44	

Physical Fitness Leisure Activities Summary Score

	Pre	Post
Exp	2.8 N = 80	2.8 N = 35
Cont	2.6 N = 85	2.9 N = 44

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)

**T-test on experimental group gain scores significant ($\alpha = .05$)

***T-test on control group gain scores significant ($\alpha = .05$)

PHYSICAL FITNESS PERCEPTION
Experimental/Control Pre/Post Means

Item #5

	Pre	Post	Expected Direction
Exp	2.9 N = 78	2.9 N = 35	+
Cont	2.9 N = 87	2.8 N = 43	

Item #6

	Pre	Post	Expected Direction
Exp**	1.9 N = 72	2.3 N = 33	+
Cont	1.8 N = 81	1.8 N = 40	

Item #7

	Pre	Post	Expected Direction
Exp	2.6 N = 77	2.7 N = 35	+
Cont	2.7 N = 86	2.7 N = 42	

Item #8

	Pre	Post	Expected Direction
Exp**	2.4 N = 71	2.8 N = 31	+
Cont	2.4 N = 81	2.6 N = 41	

Physical Fitness Perception Summary Score *

	Pre	Post
Exp**	9.9 N = 64	10.7 N = 31
Cont	9.9 N = 78	9.9 N = 39

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

the items comprising the physical fitness perception summary score as presented in the Personal Lifestyle Survey.

1.7.1.5 Safety Activities

Two items #8C ("I am aware of a loss of touch/feeling") and #16("I have a plan for handling an emergency in my home") had differences in gain scores between the experimental and control groups which were significant. However, neither the gain of the summary score nor the Sign Test were significant. The data suggest that both experimental and control subjects experienced a decrease in the loss of touch/feeling. However, the perceived decrease was greater among persons in the experimental group. The data also suggest that experimental subjects developed plans for handling emergency situations in their homes to a greater extent than did controls.

1.7.1.6 Nutrition Activities

One item, #18 ("I add salt to foods after preparation.") had a difference in the gain score between the experimental and control groups which was significant. Both the gain of the summary score and the Sign Test were also significant. The data suggest that

SAFETY ACTIVITIES
Experimental/Control Pre/Post Means

Item #1

	Pre	Post	Expected Direction
Exp	2.8 N = 77	2.8 N = 36	+
Cont	2.7 N = 86	2.6 N = 42	

Item #2

	Pre	Post	Expected Direction
Exp	3.0 N = 77	3.0 N = 35	0
Cont	3.0 N = 86	3.0 N = 43	

Item #3*

	Pre	Post	Expected Direction
Exp	1.8 N = 77	1.8 N = 32	0
Cont	2.1 N = 84	2.1 N = 41	

Item #4

	Pre	Post	Expected Direction
Exp	2.9 N = 70	3.0 N = 31	+
Cont	2.8 N = 75	2.8 N = 42	

Item #5

	Pre	Post	Expected Direction
Exp	2.5 N = 76	2.2 N = 31	-
Cont	1.8 N = 85	1.7 N = 43	

Item #6

	Pre	Post	Expected Direction
Exp	3.0 N = 75	2.9 N = 35	-
Cont	2.9 N = 87	2.9 N = 43	

Item #7

	Pre	Post	Expected Direction
Exp	2.7 N = 75	2.8 N = 33	+
Cont	2.7 N = 82	2.7 N = 43	

Item #8A

	Pre	Post	Expected Direction
Exp	2.3 N = 66	2.3 N = 30	0
Cont	2.1 N = 74	2.1 N = 34	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)

**T-test on experimental group gain scores significant ($\alpha = .05$)

***T-test on control group gain scores significant ($\alpha = .05$)

Item #8B

	Pre	Post	Expected Direction
Exp	2.0 N = 62	1.9 N = 26	0
Cont	2.1 N = 71	2.0 N = 34	

Item #8C *

	Pre	Post	Expected Direction
Exp**	1.5 N = 51	1.1 N = 23	-
Cont	1.4 N = 56	1.3 N = 29	

Item #8D

	Pre	Post	Expected Direction
Exp	1.4 N = 49	1.1 N = 23	-
Cont	1.5 N = 56	1.5 N = 32	

Item #8E

	Pre	Post	Expected Direction
Exp	1.5 N = 51	1.2 N = 23	-
Cont	1.5 N = 57	1.4 N = 31	

Item # 8F

	Pre	Post	Expected Direction
Exp	1.8 N = 61	1.7 N = 26	-
Cont	1.7 N = 66	1.7 N = 35	

Item #9

	Pre	Post	Expected Direction
Exp	2.8 N = 54	2.9 N = 26	+
Cont	2.9 N = 69	2.9 N = 34	

Item #10

	Pre	Post	Expected Direction
Exp	2.8 N = 78	2.9 N = 34	+
Cont	2.8 N = 81	2.8 N = 43	

Item #11

	Pre	Post	Expected Direction
Exp	2.8 N = 42	3.0 N = 15	+
Cont	2.8 N = 61	2.9 N = 26	

Notes: *F-test on gain scores between experimental and control groups significant (α= .05)
**T-test on experimental group gain scores significant (α= .05)
***T-test on control group gain scores significant (α= .05)

Item #12

	Pre	Post	Expected Direction
Exp	2.9 N = 79	3.0 N = 35	+
Cont	2.9 N = 84	2.9 N = 44	

Item #15

	Pre	Post	Expected Direction
Exp	2.8 N = 76	2.8 N = 35	+
Cont	2.9 N = 77	2.8 N = 43	

Item #16 *

	Pre	Post	Expected Direction
Exp	2.6 N = 66	2.5 N = 33	+
Cont***	2.5 N = 77	2.2 N = 42	

Item #17

	Pre	Post	Expected Direction
Exp	2.6 N = 70	2.4 N = 32	0
Cont	2.7 N = 80	2.5 N = 44	

Item #18

	Pre	Post	Expected Direction
Exp	2.2 N = 70	2.2 N = 31	-
Cont	1.8 N = 76	1.9 N = 41	

Item #19

	Pre	Post	Expected Direction
Exp	1.4 N = 71	1.3 N = 31	+
Cont	1.4 N = 75	1.1 N = 42	

Item #21

	Pre	Post	Expected Direction
Exp	2.3 N = 39	2.5 N = 14	+
Cont	1.9 N = 55	1.7 N = 30	

Item #22

	Pre	Post	Expected Direction
Exp	2.9 N = 41	3.0 N = 20	+
Cont	2.7 N = 59	2.5 N = 29	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Safety Activities
Summary Score

	Pre	Post
Exp	61.7 N = 7	60.5 N = 2
Cont***	60.0 N = 21	58.5 N = 11

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Item #13

	Pre	Post	Expected Direction
Exp	2.9 N = 79	2.9 N = 34	+
Cont	2.9 N = 83	2.8 N = 43	

Item #14

	Pre	Post	Expected Direction
Exp	2.9 N = 78	2.9 N = 35	0
Cont	2.9 N = 83	2.9 N = 43	

the experimental subjects were less likely to add salt to foods after preparation. The specific item results along with the Sign Test imply that the project had a positive impact on the participants´ nutritional activities as measured by the items comprising the nutritional activities summary score as presented in the Personal Lifestyle Survey.

1.7.1.7 Activities Regarding Medications

Three items, #10 ("I keep medications in their origional containers."), #22 ("When taking medications, I only use alcoholic beverages as instructed by my physician."), and #24 ("I purchase all my medications from one pharmacy.") had differences in gain scores between the experimental and control groups which were significant. The gain of the summary score was not significant. However, the Sign Test was significant. The data suggest that the experimental subjects became more concerned with safety as evidenced by using the same containers and being certain about the appropriateness of alcohol usage. The specific item results along with the Sign Test imply that the project had a positive impact on the participants´ medication activities as measured by the items comprising the medication activities summary score as presented in the Personal Lifestyle Survey.

NUTRITIONAL ACTIVITIES
Experimental/Control Pre/Post Means

Item #1

	Pre	Post	Expected Direction
Exp	2.8 N = 80	2.8 N = 35	0
Cont	2.6 N = 82	2.6 N = 44	

Item #2

	Pre	Post	Expected Direction
Exp**	2.2 N = 79	2.5 N = 35	+
Cont	2.2 N = 81	2.3 N = 43	

Item #3

	Pre	Post	Expected Direction
Exp	2.7 N = 77	2.8 N = 35	+
Cont	2.6 N = 86	2.5 N = 44	

Item #4

	Pre	Post	Expected Direction
Exp	2.5 N = 75	2.7 N = 35	+
Cont	2.5 N = 84	2.4 N = 44	

Item #5

	Pre	Post	Expected Direction
Exp	2.5 N = 77	2.7 N = 34	+
Cont	2.3 N = 84	2.1 N = 43	

Item #6

	Pre	Post	Expected Direction
Exp**	1.8 N = 76	1.6 N = 34	+
Cont	2.1 N = 81	2.2 N = 43	

Item #7

	Pre	Post	Expected Direction
Exp	2.7 N = 78	2.9 N = 34	+
Cont	2.6 N = 83	2.5 N = 42	

Item #8

	Pre	Post	Expected Direction
Exp	1.8 N = 75	1.9 N = 33	+
Cont	2.5 N = 80	2.5 N = 42	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Item #9

	Pre	Post	Expected Direction
Exp	1.6 N = 77	1.6 N = 35	+
Cont	1.9 N = 81	2.0 N = 40	

Item #10

	Pre	Post	Expected Direction
Exp	1.2 N = 69	1.2 N = 33	-
Cont	1.5 N = 82	1.4 N = 42	

Item #11A

	Pre	Post	Expected Direction
Exp	1.1 N = 57	1.0 N = 27	+
Cont	1.3 N = 60	1.3 N = 35	

Item #11B

	Pre	Post	Expected Direction
Exp	1.1 N = 54	1.1 N = 27	+
Cont	1.3 N = 62	1.5 N = 33	

Item #11C

	Pre	Post	Expected Direction
Exp	1.3 N = 57	1.3 N = 26	-
Cont	1.6 N = 65	1.5 N = 33	

Item #11D

	Pre	Post	Expected Direction
Exp	1.1 N = 56	1.1 N = 27	-
Cont	1.3 N = 57	1.2 N = 30	

Item #11E

	Pre	Post	Expected Direction
Exp	1.2 N = 57	1.0 N = 23	+
Cont	1.5 N = 57	1.4 N = 28	

Item #12

	Pre	Post	Expected Direction
Exp	2.1 N = 66	2.3 N = 33	+
Cont	2.6 N = 77	2.5 N = 42	

Notes: *F-test on gain scores between experimental and control groups significant (α = .05)
**T-test on experimental group gain scores significant (α = .05)
***T-test on control group gain scores significant (α = .05)

Item #13

	Pre	Post	Expected Direction
Exp	1.7 N = 65	1.5 N = 33	-
Cont	2.0 N = 77	2.1 N = 43	

Item #14

	Pre	Post	Expected Direction
Exp	2.2 N = 75	2.3 N = 34	+
Cont	2.0 N = 81	1.7 N = 44	

Item #15

	Pre	Post	Expected Direction
Exp	2.8 N = 79	2.9 N = 38	0
Cont	2.7 N = 85	2.8 N = 44	

Item #16

	Pre	Post	Expected Direction
Exp	2.0 N = 73	1.9 N = 34	-
Cont	2.1 N = 80	2.3 N = 42	

Item #17

	Pre	Post	Expected Direction
Exp	1.7 N = 67	1.7 N = 31	-
Cont	1.7 N = 78	1.8 N = 38	

Item #18*

	Pre	Post	Expected Direction
Exp**	1.6 N = 79	1.4 N = 35	+
Cont	1.3 N = 81	1.5 N = 44	

Item #19

	Pre	Post	Expected Direction
Exp	2.3 N = 80	2.4 N = 34	+
Cont	2.4 N = 84	2.3 N = 43	

Item #20

	Pre	Post	Expected Direction
Exp	2.5 N = 66	2.7 N = 25	+
Cont	2.3 N = 73	2.4 N = 40	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)

**T-test on experimental group gain scores significant ($\alpha = .05$)

***T-test on control group gain scores significant ($\alpha = .05$)

Item #21

	Pre	Post	Expected Direction
Exp	1.4 N = 78	1.4 N = 34	+
Cont	1.6 N = 80	1.7 N = 42	

Item #22

	Pre	Post	Expected Direction
Exp	2.3 N = 77	2.4 N = 34	+
Cont	2.4 N = 81	2.4 N = 43	

Item #23

	Pre	Post	Expected Direction
Exp	2.5 N = 79	2.6 N = 34	+
Cont	2.7 N = 81	2.6 N = 43	

Item #24

	Pre	Post	Expected Direction
Exp	2.6 N = 77	2.9 N = 35	+
Cont	2.6 N = 82	2.4 N = 42	

Item #25

	Pre	Post	Expected Direction
Exp	2.6 N = 80	2.8 N = 35	+
Cont	2.6 N = 83	2.4 N = 43	

Item #26

	Pre	Post	Expected Direction
Exp	[illegible]	[illegible]	+
Cont	2.[illegible] [illegible]	[illegible] 42	

Item #27

	Pre	Post	Expected Direction
Exp	2.5 N = 78	2.6 N = 35	+
Cont	2.3 N = 80	2.2 N = 43	

Item #28

	Pre	Post	Expected Direction
Exp	2.3 N = 77	2.6 N = 34	+
Cont	2.1 N = 83	2.0 N = 40	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)

**T-test on experimental group gain scores significant ($\alpha = .05$)

***T-test on control group gain scores significant ($\alpha = .05$)

Item #29

	Pre	Post	Expected Direction
Exp	2.0 N = 76	2.0 N = 33	+
Cont	2.1 N = 79	2.2 N = 42	

Item #30

	Pre	Post	Expected Direction
Exp	1.2 N = 50	1.3 N = 27	-
Cont	1.1 N = 56	1.0 N = 29	

Item #32

	Pre	Post	Expected Direction
Exp	2.2 N = 63	2.5 N = 26	+
Cont	2.6 N = 79	2.4 N = 35	

Nutritional Activities Summary Score *

	Pre	Post
Exp**	39.0 N = 16	43.3 N = 9
Cont	34.6 N = 26	33.6 N = 15

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)

**T-test on experimental group gain scores significant ($\alpha = .05$)

***T-test on control group gain scores significant ($\alpha = .05$)

MEDICAL ACTIVITIES
Experimental/Control Pre/Post Means

Item #1

	Pre	Post	Expected Direction
Exp	2.7 N = 73	2.9 N = 34	+
Cont	2.8 N = 79	2.6 N = 40	

Item #2

	Pre	Post	Expected Direction
Exp	2.8 N = 72	2.9 N = 34	+
Cont	3.0 N = 76	2.9 N = 40	

Item #3

	Pre	Post	Expected Direction
Exp	2.9 N = 70	3.0 N = 32	+
Cont	3.0 N = 75	2.9 N = 40	

Item #4

	Pre	Post	Expected Direction
Exp**	2.4 N = 70	2.8 N = 30	+
Cont	2.6 N = 72	2.8 N = 40	

Item #5

	Pre	Post	Expected Direction
Exp	2.7 N = 69	2.7 N = 32	-
Cont	2.8 N = 74	2.9 N = 38	

Item #6

	Pre	Post	Expected Direction
Exp	2.5 N = 67	2.6 N = 29	0
Cont	2.6 N = 74	2.7 N = 36	

Item #7

	Pre	Post	Expected Direction
Exp	2.7 N = 63	2.8 N = 30	+
Cont	2.8 N = 70	2.8 N = 38	

Item #8

	Pre	Post	Expected Direction
Exp	2.9 N = 70	2.9 N = 32	0
Cont	2.9 N = 72	2.9 N = 39	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Item #9

	Pre	Post	Expected Direction
Exp	2.7 N = 67	2.7 N = 33	0
Cont	2.7 N = 71	2.7 N = 37	

Item #10*

	Pre	Post	Expected Direction
Exp	2.9 N = 70	3.0 N = 33	+
Cont	3.0 N = 71	2.9 N = 39	

Item #11

	Pre	Post	Expected Direction
Exp	2.0 N = 65	2.0 N = 32	+
Cont	2.2 N = 75	1.9 N = 39	

Item #12

	Pre	Post	Expected Direction
Exp	2.6 N = 71	2.6 N = 32	+
Cont	2.7 N = 77	2.6 N = 38	

Item #13

	Pre	Post	Expected Direction
Exp	2.4 N = 71	2.7 N = 32	+
Cont	2.3 N = 75	2.2 N = 39	

Item #14

	Pre	Post	Expected Direction
Exp	2.7 N = 71	2.8 N = 33	+
Cont	2.8 N = 74	2.8 N = 38	

Item #15

	Pre	Post	Expected Direction
Exp	2.9 N = 74	2.9 N = 34	-
Cont	2.9 N = 77	3.0 N = 40	

Item #16

	Pre	Post	Expected Direction
Exp	2.6 N = 68	2.6 N = 33	0
Cont	2.9 N = 77	2.9 N = 41	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Item #17

	Pre	Post	Expected Direction
Exp	2.0 N = 69	2.0 N = 32	0
Cont	2.2 N = 76	2.2 N = 39	

Item #18

	Pre	Post	Expected Direction
Exp	1.3 N = 67	1.4 N = 30	-
Cont	1.5 N = 75	1.4 N = 40	

Item #19

	Pre	Post	Expected Direction
Exp	1.0 N = 71	1.1 N = 34	-
Cont	1.2 N = 77	1.1 N = 40	

Item #20

	Pre	Post	Expected Direction
Exp	1.1 N = 39	1.1 N = 38	0
Cont	1.1 N = 71	1.1 N = 33	

Item #21

	Pre	Post	Expected Direction
Exp	2.4 N = 67	2.8 N = 33	+
Cont	2.7 N = 75	2.5 N = 40	

Item #22*

	Pre	Post	Expected Direction
Exp	2.5 N = 49	2.7 N = 18	+
Cont	2.4 N = 66	2.5 N = 31	

Item #23

	Pre	Post	Expected Direction
Exp	2.4 N = 64	2.4 N = 29	-
Cont	2.4 N = 69	2.6 N = 35	

Item #24*

	Pre	Post	Expected Direction
Exp	2. N = 68	2.6 N = 33	+
Cont	2.7 N = 76	2. N = 38	

Notes: *F-test on gain scores between experimental and control groups significant ($\alpha = .05$)
**T-test on experimental group gain scores significant ($\alpha = .05$)
***T-test on control group gain scores significant ($\alpha = .05$)

Medication Activities
Summary Score

	Pre	Post
Exp	51.7 N = 29	51.3 N = 14
Cont	53.3 N = 46	53.4 N = 25

Notes: *F-test on gain scores between experimental and control groups significant (α = .05)
**T-test on experimental group gain scores significant (α = .05)
***T-test on control group gain scores significant (α = .05)

1.7.1.8 Derived Scales

For each of the derived scales (dental, internal locus of control, self-concept, sociability, depression) the gain of the summary scores between the experimental and control groups were tested. These differences were significant for only the internal locus of control scale. This would suggest that participation in the training sessions was responsible for this effect.

1.7.2 Physical Measures

Several of the physical measures were tested to see if the project had an impact. These included weight, blood pressure, and pulse. Change score differences between the experimental and control groups were tested. This difference was significant only for weight with the experimental group losing an average of six pounds as compared to a mean loss of one pound for the control group.

1.7.3 Global Measures

Each of the global measures were tested for significant change. In this instance, however, data was available for only the experimental group. Therefore, this data is less conclusive to the extent that there was no control group comparison available. The gain scores were significant for only two of the global scores, nutrition and activities of daily living. The average gain for the nutrition score (1.54 on a 7 point scale) was in the expected direction. The experimental subjects improved. However, the change in the activities of daily living rating was negative (-.8 on a 7 point scale). This was not expected.

1.8 Additional Questions

The discussion presented above addresses the initial questions of interest as outlined in the original project proposal. Given the richness of the data and the energy and resources required to duplicate the project, Resource Faculty determined that efficient mechanisms should to be established in order to run additional analyses. One mechanism for accomplishing this goal is the provision of the Database Codebook, SAS Input Job Stream, and SAS Log in machine readable format (5 1/4", MS DOS, ASCI format). This information is documented in Section 1.3 of this report.

While utilization of the above approach allows future researchers easy access to the original database, this requires a computer on which SAS is implemented. A variety of questions, however, might be addressed through the use of individual variable means and the associated N sizes, standard deviations, standard error of the means, and variances. This information is provided in the Appendix titled Experimental/Control Pre/Post Descriptive Statistics.

1.9 Conclusions and Implications

Significant improvement was found to exist between the gains made by the experimental group over and above those of the control group on five of the seven self-report sections of the Personal Lifestyle Survey (Sign Test, alpha =.05). They were activities of daily living, psychosocial activities, developmental activities, nutritional activities, and activities relating to medication. In addition, the experimentals were found to have lost more weight on average than the control group.

While the above results suggest that the project did indeed have positive results for the experimental group above and beyond those experienced by persons in the control group, it does appear that the results were not entirely as expected. Item# 18 on the Activities of Daily Living Scale ("I can improve my health.")

was significant; however, the experimental group was less likely to believe they could improve their health. One explanation for this might be that the experimental population anticipated more positive changes than they actually achieved thus developing a perception that they were less likely to believe they could improve their health. Supporting evidence for this interpretation is provided by the fact that the experimental group also decreased on the Daily Living global measure.

One of the most important results of this project was the finding that the experimental group signifcantly increased on the derived measure of locus of control. This suggests that the persons in the experimental group took more responsibility for their behavior. This result coupled with the generally positive impact of the project suggests that the experimental group will, because they took responsibility, continue to improve after the project is terminated. This outcome is even more impressive given the fact that the training phase for persons in the experimental group lasted on average only six weeks. Given this data, there is a strong reason to continue to explore wellness training for the elderly.

Appendix A

Protection of Human Subjects

A.1 Institutional Review Submission

SUMMIT PORTAGE

**SUMMIT-PORTAGE
AREA HEALTH
EDUCATION NETWORK**
441 WOLF LEDGES PARKWAY, SUITE 300
AKRON, OH 44311
(216) 374-0800

March 18, 1987

Richard Levy, M.D., Chairperson
Institutional Review Board, NEOUCOM
4209 State Route #44
P.O. Box 95
Rootstown, Ohio 44272

Ref: "Well Elderly Integrated Training Project" proposal

Dear Dr. Levy:

Based upon the meeting of the NEOUCOM Institutional Review Board with representatives of the SPAHEN "Well Elderly Integrated Training Project" on March 16, 1987, we are pleased to provide you with a revised proposal of this project. Changes are highlighted.

This latest revision is intended to be positively responsive to those comments, both written and oral, submitted and discussed at this meeting.

We believe that not only will this project be of benefit to the participant, but further that the resultant data from pre- and post-testing will have value to future endeavors dealing with the maintenance of wellness in the elderly. To accomplish this end, all efforts of this training project are designed to minimize risks to subjects, not endanger health, and collect data only for purposes of measurement of continued or improved wellness in physical well being, self concept, and lifestyle.

Thank you for your cooperation and consideration.

Sincerely,

M. Larry Schmith
Co-Investigator

Executive Director
SPAHEN

jp

DESCRIPTION OF PROPOSED RESEARCH
INVOLVING HUMAN SUBJECTS

THE PURPOSE OF THIS QUESTIONNAIRE IS TO PROVIDE THE IRB INFORMATION WHICH WILL FACILITATE A TIMELY AND THOROUGH REVIEW OF THIS PROPOSAL.

Title of Proposal:

Well Elderly Integrated Training Project

Date Proposal is Due at Funding Agency:

10/1/86 - 9/30/87

Principal Investigator:

Chris Marquart, M.D., Project Director

Co-Investigator(s):
M. Larry Schmith, Executive Director, S.P.A.H.E.N.

I. The Research

A. What is the primary objective of the proposed research?

The primary objective of the Well Elderly Integrated Training Project is to improve and/or maintain the wellness status of a group of senior citizens.

1. The general research hypothesis is that the wellness level of a group of senior citizens will be improved compared to their cohort counterparts as measured by an assessment instrument developed by the Resource Faculty.

2. The research design will be a quasi-experimental pre- and post-test control group design.

3. Trainers (see I.A.4.) will train participants and determine the effect of outcomes. The design for this project is diagrammed in the Campbell and Stanley tradition.

4. Research Design:

	PRE		POST
Replication 1	O_{1-10}	X_E	O_{1-10}
	O_{1-10}	X_C	$O_{1-10} \left(X_E\right)$
Replication 2	O_{1-10}	X_E	O_{1-10}
	O_{1-10}	X_C	$O_{1-10} \left(X_E\right)$
Replication 3	O_{1-10}	X_E	O_{1-10}
	O_{1-10}	X_C	$O_{1-10} \left(X_E\right)$

Where: X_E - Treatment Group

$\left(X_E\right)$ - Control Group will receive training information after the study has been completed

----- subject not assigned to treatment randomly; experimental group assigned to site randomly

O_1 - nutrition variables

O_2 - pharmacology variables

O_3 - exercise variables

O_4 - self concept

O_5 - locus of control – Paul/L – of Control

O_6 - blood pressure (diastolic)

O_7 - blood pressure (systolic)

O_8 - pulse rate

O_9 - skin fold measures

O_{10} - range of motion variables

This quasi-experimental design is one of the most functional when doing research in the natural setting and it is one of the most frequently used. One of the major limitations to this design, however, is not having subjects randomly assigned to experimental and control groups. Our project overcomes this limitation to a large degree by replicating it three times and randomly assigning the experimental and control group to settings apriori. This provides some control for the major limitation cited in the original pre-test, post-test non-equivalent control group design as presented by Campbell and Stanley.

The statistical procedures suggested for this study will allow us to control for setting differences, a variety of ethnic differences, and initial pre-test differences for the purpose of determining the effect of the treatment on post-test assessments. The basic statistical procedure to be used will be the general linear model using model comparisons techniques as described below. A set of full and restricted models will be developed to reflect each of thr research questions of interest as derived from the general research hypothesis. (Pre-assessment analysis will be run on the pre-test measures to determine if there are significant differences between the sites. If differences exist, they will be considered when building the regression equations in an attempt to control for them.)

Full Model: $Y_n = a_o u + a_1 \text{ (pre-assessment)} + a_2 \text{ (experimental group members)} + a_3 \text{ (demographics)} + E$

Restricted Model: $Y_n = a_o u + a_1 \text{ (pre-assessment)} + a_2 \text{ (demographics)} + E$

Restriction on Full Model: $a_2 = 0$

Where: Y_n = post assessment on variable "n"

pre-assessment = pre-assessment on variable "n"

U = unit vector

experimental group = 1 if member; 0 otherwise

E = error

a_{1-n} = partial regression weights

demographics = demographic variable

Since a number of statistical tests will be run, a control for multiple comparisons will be incorporated to account for alpha error build-up. Assuming an N of 150 (75 experimental; 75 control) and assuming no more than four demographic variables, an estimated power for an alpha of .05 and effect size of .15 (medium effect size as suggested by Cohen) will produce a power of approximately .87. Therefore, one can be fairly confident that if at least a medium effect as operationally defined as .15 or larger exists, it will be detected.

At the completion of the data collection, subjects will be randomly grouped into two groups for the purpose of cross-validation. This will give us an estimate of stability which is very rarely done and highly desireable.

5. Process: Each sites' infrastructure will be utilized to identify potential Trainers from which the Resource Faculty will interview, screen, and select. Selection criteria will include interest, willingness to volunteer time/effort, health professional background, and ability to communicate.

   Fifteen Trainers will be selected. They will be assisted by 15 Co-Trainers consisting of Resource Faculty selected physicians-in-training (Year IV), and students of nursing, dietetics, and exercise physiology. Trainers will demonstrate their ability to interact with study participants (under Resource Faculty supervision) through case management studies.

   The Resource Faculty will develop a Trainers Manual. This Manual will be based upon materials previously developed by the Resource Faculty and piloted and tested with health professionals during 1983-84 under a different study. (Project NNED)

   The Trainers Manual will have an overview of each discipline, information relevant to the assessment questions, and methods for improving wellness, such as: changes in accepted nutritional practices, physical activity, activities of daily living, and personal well-being.

B. Why are human subjects involved in this research?

Participants in this study are selected from the field test for well elderly. A population of well elderly will be identified in the following manner:

1. Intact organizations of well elderly, such as Copeland Oaks, C.O.A.T., Golden Agers, ~~etc.~~, will be identified and their administrators will be contacted for interest and willingness to participate. This will be followed by a site visitation with the potential participants. These potential participants will then be given the opportunity to ask questions concerning the project and its intent, followed by a discussion of their willingness and the advantages disadvantages of participating.

More info
- If add sites nec.
- Criteria for memberships

Hospitalize
Freq. seeing physicians
Assess Trainers
Quantitative & Qualitative
Perception evaluation

2. The well elderly volunteering to participate will be provided the opportunity to discuss questions and sign the consent form.

3. Participants will then enter the study by completing the health assessment questionnaire as administered by a professional health educator. The health educator will have received training from the Resource Faculty on answering the types of questions that may arise during the taking of the questionnaire.

There will be 15 Trainers and 15 Co-Trainers. Participants will be independent, non-institutionalized, well elderly.

II. The Subjects

A. Who are these subjects? (Describe by age, sex, socio-economic status, special chacteristics, traits, etc.)

Subjects will be those identified in I.B. They will represent a cross-section of elderly, 60 years of age and older, of both sexes, of different socio-economic status, etc. 150 participants will be involved in this study.

Participants accepted in the study will be code-identified for confidentiality purposes by Mrs. Julie Perisutti, who is not a member of the Resource Faculty. She will maintain all participant records and materials in a locked-file system.

B. Are these subjects:

Type	No	Yes
1. Fetuses?	X	
2. Pregnant Women?	X	
3. Children or Adolescents?	X	
4. Mental Patients?	X	
5. Institutionalized?	X	
6. Not Able to give informed consent?	X	

If any responses are "yes", please provide details:

No populations at risk, as defined above, are involved.

C. How many subjects are involved in this research?

N.A.

D. How, and by whom, will the subjects be selected?

N.A.

III. The Risks and Benefits

A. Exactly how will the subjects be involved in this research?

Subjects will be screened through a three screen process:

1. Self-selection through their own perception that they are capable and willing to participate.
2. Completion of the pre-assessment question and review by the resource faculty.
3. Exclusion based upon pulse rate being less than 50 b.p.m. or being greater than 100 b.p.m.; blood pressure being greater than 180/100 mmHg.

Participants meeting the inclusion criteria above will be asked to obtain approval from their primary physician to participate. An information statement will be prepared for the participant to give to his/her physician. (Attached)

Assessment information will be reviewed by the Resource Faculty and commonly accepted nutrition and exercise practices will be recommended to each Trainer for implementation by the participants.

Trainers will provide continual monitoring of the participants under the supervision of the Resource Faculty.

At the completion of the study period, participants will be administered the post-test.

Exactly the same process will occur for the Control Group except no recommendation for changes in nutrition and exercise will be made at that time.

B. What risks, if any, will be faced by these subjects?

Any possible problem which could conceivably be attributed to improved nutritional status or commonly accepted exercise programs (enhanced physical activity suggested by experts in the area of exercise physiology for this age group).

C. What specific steps will be taken to minimize these risks?

Primary care physician approval. Next, extensive Health Appraisal (instrument attached), plus measurements mentioned in III.A, monitoring by Trainers and Resource Faculty (medicine, nursing, pharmacology, nutrition experts), and constant request to consult with their physician, Trainer, and Resource Faculty concerning any problems.

D. What will be the benefits, if any, of this research to the subjects involved?

Maintenance or improvement of wellness and independent living lifestyle.

E. What will be the benefits of this research to society at large?

Inexpensive means of improving and maintaining wellness in the elderly and a potential reduction in health care cost.

F. Why do you feel that the benefits outweigh the risks?

Improving health and wellness should maximize independence for the participants.

IV. Informed Consent (Must be in language understandable to the subject). PLEASE ATTACH A COPY OF THE PROPOSED INFORMED CONSENT FORM AND THE CIRCUMSTANCES UNDER WHICH IT WILL BE USED.

(See Attached Consent Form)

A. How, and by whom, will informed consent be obtained?

A member of the Resource Faculty and the professional Health Educator will describe the project and answer questions from the potential participants.

Participants who are interested and have a willingness to participate will be given consent forms and will have the opportunity to ask any other questions about it.

B. Does the proposed informed consent procedure incorporate the following basic elements (please attach proposed consent form).

	Basic Element	Yes	No
1.	A fair explanation of the procedures to be followed, including an identification of those which are experimental.	Yes; no experimental procedures to be used	
2.	A description of the attendant discomforts and risks.	Yes	
3.	A description of the benefits to be expected.	Yes	
4.	A disclosure of appropriate alternative procedures that would be advantageous for the subject.	Yes	
5.	An offer to answer any inquiries concerning the procedures.	Yes	
6.	A statement that the subject is free to withdraw his consent and to discontinue particiption of the project or activity at any time.	Yes	
7.	Adequate documentation of informed consent.	Yes	

V. Collaborative Arrangements

A. Please describe any arrangements or agreements with other institutions which will directly affect the involvement of subjects in this research?

None

B. Has other institution's IRB reviewed your work? If so, please complete form "Collaborative Facility Certificate of Review".

None

VI. Please note any unusual aspects of this research to which the IRB Committee's attention should be directed.

None

Principal Investigator's Signature

Date

COLLABORATIVE FACILITY
CERTIFICATE OF REVIEW

I certify that this review was carried out in accordance with Part 46, Protection of Human Subjects of Title 45 of the Code of Federal Regulations.

(Date of Institution's IRB Approval)

(Signature of Authorized Institutional official) (Date)

(Official's Name Typewritten)

(Official's Title)

(Name of Institution)

(Address)

(Telephone Number)

A.2 Informed Consent

SUMMIT PORTAGE

SUMMIT-PORTAGE
AREA HEALTH
EDUCATION NETWORK
441 WOLF LEDGES PARKWAY, SUITE 300
AKRON, OH 44311
(216) 374-0800

"Well Elderly Integrated Training Project"

PARTICIPANT CONSENT FORM

I understand that I am being asked to volunteer to participate in the "Well Elderly Integrated Training Project". I understand that by entering this project, I will be a member of one of two groups. If I am a member of the first group, I will complete a questionnaire and have this information reviewed by the faculty listed on the attachment. I also understand that my height, weight, blood pressure, pulse rate, arm circumference, and skin thicknesses will be measured. The information from the questionnaire and measurements noted above will be reviewed by the Faculty who will make recommendations to improve my nutrition and physical activity. After a four month period of time, I will answer another questionnaire and be re-measured. I understand that I will be working with a Trainer who will be selected from my organization and trained by the Faculty.

If I am a member of the second group, I will complete the same two questionnaires and will have the same measurements performed at two different times. However, no recommendations will be made regarding changes in nutrition or physical activity during the time of the study. After the study is completed, I will be given information regarding recommendations to improve my nutritional and physical activity.

I understand that personal information derived from this program will be maintained in confidence. Information from the questionnaire and the body measurements will be reviewed by the Faculty without use of names. Papers describing this project that contain data from the project will not identify me individually.

I understand that I will be asked to provide the name of my primary care physician. If I am picked for the first group, I understand that a letter will be sent to my physician to get his approval for my entering the study. I know that I have the right to drop out of this project at any time based upon either my physician's recommendation or my own free will without any penalties. I understand that I will be completing a health and risk questionnaire. This is, however, not a complete medical assessment of my wellness. I understand that at any time, I may question the Faculty about this program, and/or that I am encouraged to contact my physician with any questions or concerns that I have about this project.

I understand that the nutrition and exercise changes that might be recommended to me by my participation in this project will be based on data supplied by me on the questionnaire. Changes that might be recommended to me include adjustment in diet including adding fiber, fat intake, protein intake, balanced food group consumption, and/or performing physical activities. If I have any questions or concerns about my participation or my continued participation in this project, I may call Larry Schmith at 374-0800 or any of the Faculty at that number.

Sign Name

Print Name
Address
Phone
Date

Witness
Date

A.3 Medical Clearance

SUMMIT PORTAGE

**SUMMIT-PORTAGE
AREA HEALTH
EDUCATION NETWORK**
441 WOLF LEDGES PARKWAY, SUITE 300
AKRON, OH 44311
(216) 374-0800

"Well Elderly Integrated Training Project"

PARTICIPANT/PHYSICIAN IDENTIFICATION FORM

Name: (Please Print) ID#:

In order to complete entrance into this study, we need the name and city of your physician to obtain his/her permission for your participation.

Physician Name: (Please Print)

City:

**SUMMIT-PORTAGE
AREA HEALTH
EDUCATION NETWORK**
441 WOLF LEDGES PARKWAY, SUITE 300
AKRON, OH 44311
(216) 374-0800

RE:

Dear Doctor :

The above individual, a patient of yours, has volunteered to participate in the "Well Elderly Integrated Training Project" sponsored through the Summit-Portage Area Health Education Network (SPAHEN) and the Northeastern Ohio Universities College of Medicine (NEOUCOM). In order for this person to enter this project, it is necessary that they notify their primary care physician (you) of their desire to participate and obtain your permission.

This project involves completion of a comprehensive pre-assessment questionnaire looking at your patient's current nutritional practices, physical activity, activities of daily living, and medications. This information will then be presented in an anonymous form to a group of Resource Faculty representing the disciplines of medicine, exercise physiology, nutrition, nursing, and pharmacology. After reviewing the questionnaire responses, the faculty will make commonly accepted recommendations for improvement of nutrition and physical activity for the participants.

It is impossible to ascertain at this time what these recommendations would be since your patient has not yet completed the questionnaire noted above. Interventions that are usually recommended include simple range of motion exercise, (none to exceed a METS value of 6), changes in diet to include additional roughage, less fat intake, increased protein intake, and a determination of balanced food group consumption. Your patient's progress through this study will be monitored by appropriate personnel to include looking at weight, height, arm circumfrence, skin fold thicknesses, blood pressure, and pulse.

Participants in this study are told that they may withdraw at any time or may choose not to participate in certain recommendations. They may also contact any of our Resource Faculty during the time of this study, and may even have some questions to ask you about some of the activities. Upon completion of this study, participants will accomplish a post-assessment questionnaire to compare to pre-assessment data.

PHYSICIAN APPROVAL FOR PARTICIPANT INVOLVEMENT

"WELL ELDERLY INTEGRATED TRAINING PROJECT"

Patient Name: ____

I have read the information sheet regarding this project and approve of the above individual's participation.

____
Signature

____
Name (Please Print)

____
Address

____
City State Zip Code

We would be happy to respond to any inquiries you may have concerning this project. You may reach any of the individuals noted on the attached list of Resource Faculty through the SPAHEN office.

Please complete the attached form indicating your reading of this letter and approval of your patient's participation in this project. The form can be returned in the enclosed self addressed stamped envelope.

Sincerely,

Chris D. Marquart, M.D.
Principal Investigator
"Well Elderly Integrated
Training Project"

CDM:jp

Appendix B

Database Documentation

B.1 Code Book

WELL ELDERLY INTEGRATED TRAINING PROJECT
SAS DATA SET
CODE BOOK

-----ALPHABETIC LIST OF VARIABLES AND ATTRIBUTES-----

#	VARIABLE	TYP	SIZE	PLACE	QUESTIONNAIRE	PRE/ POST	Q#	VALUES
779	ADLSUM	NUM	8	6192	LIFESTYLE	PRE		DATRAN
103	ADL1	NUM	8	802	LIFESTYLE	PRE	D 1	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
104	ADL2	NUM	8	810	LIFESTYLE	PRE	D 2	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
105	ADL3	NUM	8	818	LIFESTYLE	PRE	D 3	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
106	ADL4	NUM	8	826	LIFESTYLE	PRE	D 4	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
107	ADL5	NUM	8	834	LIFESTYLE	PRE	D 4A	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY A
108	ADL6	NUM	8	842	LIFESTYLE	PRE	D 5	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
109	ADL7	NUM	8	850	LIFESTYLE	PRE	D 6	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
110	ADL8	NUM	8	858	LIFESTYLE	PRE	D 7	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
111	ADL9	NUM	8	866	LIFESTYLE	PRE	D 8	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
112	ADL10	NUM	8	874	LIFESTYLE	PRE	D 9	1= <= 4 YRS 2= 5-10 YRS 3= >10 YRS 4= NEVER SMOKED
113	ADL11	NUM	8	882	LIFESTYLE	PRE	D10	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
114	ADL12	NUM	8	890	LIFESTYLE	PRE	D11	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
115	ADL13	NUM	8	898	LIFESTYLE	PRE	D12	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
116	ADL14	NUM	8	906	LIFESTYLE	PRE	D13	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY

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117 ADL15     NUM    8   914    LIFESTYLE  PRE   D14  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
118 ADL16     NUM    8   922    LIFESTYLE  PRE   D15  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
119 ADL17     NUM    8   930    LIFESTYLE  PRE   D16  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
120 ADL18     NUM    8   938    LIFESTYLE  PRE   D17  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
121 ADL19     NUM    8   946    LIFESTYLE  PRE   D18  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
122 ADL20     NUM    8   954    LIFESTYLE  PRE   D19  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
  6 AGE       NUM    8    26    LIFESTYLE  PRE   A 1  AGE (NEAREST YR)
780 BADLSUM   NUM    8  6200    LIFESTYLE POST        DATRAN
489 BADL1     NUM    8  3872    LIFESTYLE POST   D 1  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
490 BADL2     NUM    8  3880    LIFESTYLE POST   D 2  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
491 BADL3     NUM    8  3888    LIFESTYLE POST   D 3  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
492 BADL4     NUM    8  3896    LIFESTYLE POST   D 4  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
493 BADL5     NUM    8  3904    LIFESTYLE POST   D 4A 1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
494 BADL6     NUM    8  3912    LIFESTYLE POST   D 5  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
495 BADL7     NUM    8  3920    LIFESTYLE POST   D 6  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
496 BADL8     NUM    8  3928    LIFESTYLE POST   D 7  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
497 BADL9     NUM    8  3936    LIFESTYLE POST   D 8  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
498 BADL10    NUM    8  3944    LIFESTYLE POST   D 9  1= <=4 YRS
                                                      2= 5-10 YRD
                                                      3= >10 YRS
                                                      4= NEVER SMOKED
499 BADL11    NUM    8  3952    LIFESTYLE POST   D10  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
500 BADL12    NUM    8  3960    LIFESTYLE POST   D11  1= NO/RARELY
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							2= MAYBE/SOMETIMES 3= YES/USUALLY
501	BADL13	NUM	8	3968	LIFESTYLE POST	D12	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
502	BADL14	NUM	8	3976	LIFESTYLE POST	D13	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
503	BADL15	NUM	8	3984	LIFESTYLE POST	D14	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
504	BADL16	NUM	8	3992	LIFESTYLE POST	D15	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
505	BADL17	NUM	8	4000	LIFESTYLE POST	D16	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
506	BADL18	NUM	8	4008	LIFESTYLE POST	D17	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
507	BADL19	NUM	8	4016	LIFESTYLE POST	D18	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
508	BADL20	NUM	8	4024	LIFESTYLE POST	D19	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
392	BAGE	NUM	8	3096	LIFESTYLE POST	A 1	AGE (NEAREST YR)
430	BBENFTS	NUM	8	3400	LIFESTYLE POST	A17	1= MEDICADE 2= MEDICARE 3= SUBSIDIZED HOUSING 4= DISABILITY INCOME 5= OTHER
765	BBPD	NUM	8	6080	PHYS MEAS POST	3B	BP-DIASTOLIC
764	BBPN	NUM	8	6072	PHYS MEAS POST	3A	BP-SYSTOLIC
391	BCARDS	NUM	8	3088			RAW DATA CARD NO.
387	BCASNO1	CHAR	2	3074	POST		S´#-UNIQUE TO SITE
405	BCHRES	NUM	8	3200	LIFESTYLE POST	A 8	1= YES 0= NO
438	BCOMM	NUM	8	3464	LIFESTYLE POST	A19	1= PRESENT 2= ABSENT
428	BCURINC	NUM	8	3384	LIFESTYLE POST	A15	1= INADEQUATE 2= BARELY ADEQUATE 3= ADEQUATE
776	BDASUM	NUM	8	6168	LIFESTYLE POST		DATRAN
439	BDA1	NUM	8	3472	LIFESTYLE POST	B 1	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
440	BDA2	NUM	8	3480	LIFESTYLE POST	B 2	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
441	BDA3	NUM	8	3488	LIFESTYLE POST	B 3	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
442	BDA4	NUM	8	3496	LIFESTYLE POST	B 4	1= NO/RARELY 2= MAYBE/SOMETIMES

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                                                                   3= YES/USUALLY
443 BDA5     NUM     8   3504      LIFESTYLE POST   B 5   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
444 BDA6     NUM     8   3512      LIFESTYLE POST   B 6   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
445 BDA7     NUM     8   3520      LIFESTYLE POST   B 7   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
446 BDA8     NUM     8   3528      LIFESTYLE POST   B 8   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
447 BDA9     NUM     8   3536      LIFESTYLE POST   B 9   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
448 BDA10    NUM     8   3544      LIFESTYLE POST   B10   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
449 BDA11    NUM     8   3552      LIFESTYLE POST   B11   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
450 BDA12    NUM     8   3560      LIFESTYLE POST   B12   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
451 BDA13    NUM     8   3568      LIFESTYLE POST   B13   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
452 BDA14    NUM     8   3576      LIFESTYLE POST   B14   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
453 BDA15    NUM     8   3584      LIFESTYLE POST   B15   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
454 BDA16    NUM     8   3592      LIFESTYLE POST   B16   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
455 BDA17    NUM     8   3600      LIFESTYLE POST   B17   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
456 BDA18    NUM     8   3608      LIFESTYLE POST   B18   1= NO
                                                          3= YES
457 BDA19    NUM     8   3616      LIFESTYLE POST   B18A  1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
458 BDA20    NUM     8   3624      LIFESTYLE POST   B19   1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
409 BDISAB   NUM     8   3232      LIFESTYLE POST   A12   1= YES
                                                          0= NO
406 BED      NUM     8   3208      LIFESTYLE POST   A 9   1= ELEMENTARY
                                                          2= HIGH SCHOOL
                                                          3= VOCATIONAL/TECHNICA
                                                          4= BACHELOR´S DEGREE
                                                          5= BACHELOR´S +
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							6= OTHER
44	BENFTS	NUM	8	330	LIFESTYLE POST	A17	1= MEDICADE 2= MEDICARE 3= SUBSIDIZED HOUSING 4= DISABILITY INCOME 5= OTHER
762	BFT	NUM	8	6056	PHYS MEAS POST	2A	HEIGHT (FT)
407	BHEALTH	NUM	8	3216	LIFESTYLE POST	A10	1= POOR 2= FAIR 3= GOOD 4= EXCELLENT
395	BHLNG	NUM	8	3120	LIFESTYLE POST	A 4	TIME MAR. STAT. (YRS)
774	BHTH	NUM	8	6152	PHYS MEAS POST	2	DATRAN (HEIGHT)
763	BIN	NUM	8	6064	PHYS MEAS POST	2B	HEIGHT (IN)
768	BKNEH	NUM	8	6104	PHYS MEAS POST	6	KNEE HEIGHT (IN)
431	BLVIS1	NUM	8	3408	LIFESTYLE POST	A18A	1= PRESENT 2= ABSENT
432	BLVIS2	NUM	8	3416	LIFESTYLE POST	A18B	1= PRESENT 2= ABSENT
433	BLVIS3	NUM	8	3424	LIFESTYLE POST	A18C	1= PRESENT 2= ABSENT
434	BLVIS4	NUM	8	3432	LIFESTYLE POST	A18D	1= PRESENT 2= ABSENT
435	BLVIS5	NUM	8	3440	LIFESTYLE POST	A18E	1= PRESENT 2= ABSENT
436	BLVIS6	NUM	8	3448	LIFESTYLE POST	A18F	1= PRESENT 2= ABSENT
437	BLVIS7	NUM	8	3456	LIFESTYLE POST	A18G	1= PRESENT 2= ABSENT
767	BMARMC	NUM	8	6096	PHYS MEAS POST	5	MID ARM CIRC. (IN)
394	BMARST	NUM	8	3112	LIFESTYLE POST	A 3	1= MARRIED 2= DIVORCED 3= SINGLE 4= WIDOWED
792	BMASUM	NUM	8	6296	LIFESTYLE POST		DATRAN
599	BMA1	NUM	8	4752	LIFESTYLE POST	H 1	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
600	BMA2	NUM	8	4760	LIFESTYLE POST	H 2	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
601	BMA3	NUM	8	4768	LIFESTYLE POST	H 3	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
602	BMA4	NUM	8	4776	LIFESTYLE POST	H 4	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
603	BMA5	NUM	8	4784	LIFESTYLE POST	H 5	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
604	BMA6	NUM	8	4792	LIFESTYLE POST	H 6	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
605	BMA7	NUM	8	4800	LIFESTYLE POST	H 7	1= NO/RARELY 2= MAYBE/SOMETIMES

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                                                             3= YES/USUALLY
606 BMA8     NUM    8  4808    LIFESTYLE POST  H 8  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
607 BMA9     NUM    8  4816    LIFESTYLE POST  H 9  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
608 BMA10    NUM    8  4824    LIFESTYLE POST  H10  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
609 BMA11    NUM    8  4832    LIFESTYLE POST  H11  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
610 BMA12    NUM    8  4840    LIFESTYLE POST  H12  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
611 BMA13    NUM    8  4848    LIFESTYLE POST  H13  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
612 BMA14    NUM    8  4856    LIFESTYLE POST  H14  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
613 BMA15    NUM    8  4864    LIFESTYLE POST  H15  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
614 BMA16    NUM    8  4872    LIFESTYLE POST  H16  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
615 BMA17    NUM    8  4880    LIFESTYLE POST  H17  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
616 BMA18    NUM    8  4888    LIFESTYLE POST  H18  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
617 BMA19    NUM    8  4896    LIFESTYLE POST  H19  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
618 BMA20    NUM    8  4904    LIFESTYLE POST  H20  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
619 BMA21    NUM    8  4912    LIFESTYLE POST  H21  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
620 BMA22    NUM    8  4920    LIFESTYLE POST  H22  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
621 BMA23    NUM    8  4928    LIFESTYLE POST  H23  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
622 BMA24    NUM    8  4936    LIFESTYLE POST  H24  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
623 BMA25    NUM    8  4944    LIFESTYLE POST  H25  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
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410	BMDPRB1	NUM	8	3240	LIFESTYLE POST	A13A	1= PRESENT 2= ABSENT
411	BMDPRB2	NUM	8	3248	LIFESTYLE POST	A13B	1= PRESENT 1= PRESENT 2= ABSENT
412	BMDPRB3	NUM	8	3256	LIFESTYLE POST	A13C	1= PRESENT 2= ABSENT
413	BMDPRB4	NUM	8	3264	LIFESTYLE POST	A13D	1= PRESENT 2= ABSENT
414	BMDPRB5	NUM	8	3272	LIFESTYLE POST	A13E	1= PRESENT 2= ABSENT
415	BMDPRB6	NUM	8	3280	LIFESTYLE POST	A13F	1= PRESENT 2= ABSENT
416	BMDPRB7	NUM	8	3288	LIFESTYLE POST	A13G	1= PRESENT 2= ABSENT
417	BMDPRB8	NUM	8	3296	LIFESTYLE POST	A13H	1= PRESENT 2= ABSENT
418	BMDPRB9	NUM	8	3304	LIFESTYLE POST	A13I	1= PRESENT 2= ABSENT
419	BMDPRB10	NUM	8	3312	LIFESTYLE POST	A13J	1= PRESENT 2= ABSENT
420	BMDPRB11	NUM	8	3320	LIFESTYLE POST	A13K	1= PRESENT 2= ABSENT
421	BMDPRB12	NUM	8	3328	LIFESTYLE POST	A13L	1= PRESENT 2= ABSENT
422	BMDPRB13	NUM	8	3336	LIFESTYLE POST	A13M	1= PRESENT 2= ABSENT
423	BMDPRB14	NUM	8	3344	LIFESTYLE POST	A13N	1= PRESENT 2= ABSENT
424	BMDPRB15	NUM	8	3352	LIFESTYLE POST	A13O	1= PRESENT 2= ABSENT
425	BMDPRB16	NUM	8	3360	LIFESTYLE POST	A13P	1= PRESENT 2= ABSENT
426	BMDPRB17	NUM	8	3368	LIFESTYLE POST	A13Q	1= PRESENT 2= ABSENT
429	BMTHINC	NUM	8	3392	LIFESTYLE POST	A16	1= < $400 2= $400 - $800 3= $801 - $1250 4= > $1250
790	BNASUM	NUM	8	6280	LIFESTYLE POST		DATRAN
559	BNA1	NUM	8	4432	LIFESTYLE POST	G 1	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
560	BNA2	NUM	8	4440	LIFESTYLE POST	G 2	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
561	BNA3	NUM	8	4448	LIFESTYLE POST	G 3	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
562	BNA4	NUM	8	4456	LIFESTYLE POST	G 4	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
563	BNA5	NUM	8	4464	LIFESTYLE POST	G 5	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY

564	BNA6	NUM	8	4472	LIFESTYLE POST	G 6	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
565	BNA7	NUM	8	4480	LIFESTYLE POST	G 7	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
566	BNA8	NUM	8	4488	LIFESTYLE POST	G 8	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
567	BNA9	NUM	8	4496	LIFESTYLE POST	G 9	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
568	BNA10	NUM	8	4504	LIFESTYLE POST	G10	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
569	BNA11	NUM	8	4512	LIFESTYLE POST	G11A	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
570	BNA12	NUM	8	4520	LIFESTYLE POST	G11B	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
571	BNA13	NUM	8	4528	LIFESTYLE POST	G11C	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
572	BNA14	NUM	8	4536	LIFESTYLE POST	G11D	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
573	BNA15	NUM	8	4544	LIFESTYLE POST	G11E	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
574	BNA16	NUM	8	4552	LIFESTYLE POST	G12	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
575	BNA17	NUM	8	4560	LIFESTYLE POST	G13	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
576	BNA18	NUM	8	4568	LIFESTYLE POST	G14	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
577	BNA19	NUM	8	4576	LIFESTYLE POST	G15	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
578	BNA20	NUM	8	4584	LIFESTYLE POST	G16	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
579	BNA21	NUM	8	4592	LIFESTYLE POST	G17	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
580	BNA22	NUM	8	4600	LIFESTYLE POST	G18	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
581	BNA23	NUM	8	4608	LIFESTYLE POST	G19	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
582	BNA24	NUM	8	4616	LIFESTYLE POST	G20	1= NO/RARELY

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                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
583 BNA25    NUM    8  4624     LIFESTYLE POST  G21   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
584 BNA26    NUM    8  4632     LIFESTYLE POST  G22   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
585 BNA27    NUM    8  4640     LIFESTYLE POST  G23   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
586 BNA28    NUM    8  4648     LIFESTYLE POST  G24   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
587 BNA29    NUM    8  4656     LIFESTYLE POST  G25   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
588 BNA30    NUM    8  4664     LIFESTYLE POST  G26   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
589 BNA31    NUM    8  4672     LIFESTYLE POST  G27   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
590 BNA32    NUM    8  4680     LIFESTYLE POST  G28   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
591 BNA33    NUM    8  4688     LIFESTYLE POST  G29   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
592 BNA34    NUM    8  4696     LIFESTYLE POST  G30   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
593 BNA35    NUM    8  4704     LIFESTYLE POST  G31A  1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
594 BNA36    NUM    8  4712     LIFESTYLE POST  G31B  1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
595 BNA37    NUM    8  4720     LIFESTYLE POST  G31C  1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
596 BNA38    NUM    8  4728     LIFESTYLE POST  G31D  1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
597 BNA39    NUM    8  4736     LIFESTYLE POST  G31E  1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
598 BNA40    NUM    8  4744     LIFESTYLE POST  G32   1= NO/RARELY
                                                                 2= MAYBE/SOMETIMES
                                                                 3= YES/USUALLY
427 BNOMDS   NUM    8  3376     LIFESTYLE POST  A14   1= NONE
                                                                 2= 1-3 KINDS
                                                                 3= 4-5 KINDS
                                                                 4= 7-10 KINDS
                                                                 5= >10 KINDS
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684 BNPSM1    NUM    8  5432    NPRESC MD POST   1A 1= PRESENT
                                                    0= ABSENT
685 BNPSM2    NUM    8  5440    NPRESC MD POST   1B 1= PRESENT
                                                    0= ABSENT
686 BNPSM3    NUM    8  5448    NPRESC MD POST   1C 1= PRESENT
                                                    0= ABSENT
687 BNPSM4    NUM    8  5456    NPRESC MD POST   2A 1= PRESENT
                                                    0= ABSENT
688 BNPSM5    NUM    8  5464    NPRESC MD POST   2B 1= PRESENT
                                                    0= ABSENT
689 BNPSM6    NUM    8  5472    NPRESC MD POST   2C 1= PRESENT
                                                    0= ABSENT
690 BNPSM7    NUM    8  5480    NPRESC MD POST   3A 1= PRESENT
                                                    0= ABSENT
691 BNPSM8    NUM    8  5488    NPRESC MD POST   3B 1= PRESENT
                                                    0= ABSENT
692 BNPSM9    NUM    8  5496    NPRESC MD POST   3C 1= PRESENT
                                                    0= ABSENT
693 BNPSM10   NUM    8  5504    NPRESC MD POST   4A 1= PRESENT
                                                    0= ABSENT
694 BNPSM11   NUM    8  5512    NPRESC MD POST   4B 1= PRESENT
                                                    0= ABSENT
695 BNPSM12   NUM    8  5520    NPRESC MD POST   4C 1= PRESENT
                                                    0= ABSENT
696 BNPSM13   NUM    8  5528    NPRESC MD POST   5A 1= PRESENT
                                                    0= ABSENT
697 BNPSM14   NUM    8  5536    NPRESC MD POST   5B 1= PRESENT
                                                    0= ABSENT
698 BNPSM15   NUM    8  5544    NPRESC MD POST   5C 1= PRESENT
                                                    0= ABSENT
699 BNPSM16   NUM    8  5552    NPRESC MD POST   6A 1= PRESENT
                                                    0= ABSENT
700 BNPSM17   NUM    8  5560    NPRESC MD POST   6B 1= PRESENT
                                                    0= ABSENT
701 BNPSM18   NUM    8  5568    NPRESC MD POST   6C 1= PRESENT
                                                    0= ABSENT
702 BNPSM19   NUM    8  5576    NPRESC MD POST   7A 1= PRESENT
                                                    0= ABSENT
703 BNPSM20   NUM    8  5584    NPRESC MD POST   7B 1= PRESENT
                                                    0= ABSENT
704 BNPSM21   NUM    8  5592    NPRESC MD POST   7C 1= PRESENT
                                                    0= ABSENT
705 BNPSM22   NUM    8  5600    NPRESC MD POST   8A 1= PRESENT
                                                    0= ABSENT
706 BNPSM23   NUM    8  5608    NPRESC MD POST   8B 1= PRESENT
                                                    0= ABSENT
707 BNPSM24   NUM    8  5616    NPRESC MD POST   8C 1= PRESENT
                                                    0= ABSENT
708 BNPSM25   NUM    8  5624    NPRESC MD POST   9A 1= PRESENT
                                                    0= ABSENT
709 BNPSM26   NUM    8  5632    NPRESC MD POST   9B 1= PRESENT
                                                    0= ABSENT
710 BNPSM27   NUM    8  5640    NPRESC MD POST   9C 1= PRESENT
                                                    0= ABSENT
711 BNPSM28   NUM    8  5648    NPRESC MD POST  10A 1= PRESENT
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							0= ABSENT
712	BNPSM29	NUM	8	5656	NPRESC MD POST	10B	1= PRESENT 0= ABSENT
713	BNPSM30	NUM	8	5664	NPRESC MD POST	10C	1= PRESENT 0= ABSENT
714	BNPSM31	NUM	8	5672	NPRESC MD POST	11A	1= PRESENT 0= ABSENT
715	BNPSM32	NUM	8	5680	NPRESC MD POST	11B	1= PRESENT 0= ABSENT
716	BNPSM33	NUM	8	5688	NPRESC MD POST	11C	1= PRESENT 0= ABSENT
717	BNPSM34	NUM	8	5696	NPRESC MD POST	12A	1= PRESENT 0= ABSENT
718	BNPSM35	NUM	8	5704	NPRESC MD POST	12B	1= PRESENT 0= ABSENT
719	BNPSM36	NUM	8	5712	NPRESC MD POST	12C	1= PRESENT 0= ABSENT
720	BNPSM37	NUM	8	5720	NPRESC MD POST	13A	1= PRESENT 0= ABSENT
721	BNPSM38	NUM	8	5728	NPRESC MD POST	13B	1= PRESENT 0= ABSENT
722	BNPSM39	NUM	8	5736	NPRESC MD POST	13C	1= PRESENT 0= ABSENT
723	BNPSM40	NUM	8	5744	NPRESC MD POST	14A	1= PRESENT 0= ABSENT
724	BNPSM41	NUM	8	5752	NPRESC MD POST	14B	1= PRESENT 0= ABSENT
725	BNPSM42	NUM	8	5760	NPRESC MD POST	14C	1= PRESENT 0= ABSENT
726	BNPSM43	NUM	8	5768	NPRESC MD POST	15A	1= PRESENT 0= ABSENT
727	BNPSM44	NUM	8	5776	NPRESC MD POST	15B	1= PRESENT 0= ABSENT
728	BNPSM45	NUM	8	5784	NPRESC MD POST	15C	1= PRESENT 0= ABSENT
729	BNPSM46	NUM	8	5792	NPRESC MD POST	16A	1= PRESENT 0= ABSENT
730	BNPSM47	NUM	8	5800	NPRESC MD POST	16B	1= PRESENT 0= ABSENT
731	BNPSM48	NUM	8	5808	NPRESC MD POST	16C	1= PRESENT 0= ABSENT
732	BNPSM49	NUM	8	5816	NPRESC MD POST	17A	1= PRESENT 0= ABSENT
733	BNPSM50	NUM	8	5824	NPRESC MD POST	17B	1= PRESENT 0= ABSENT
734	BNPSM51	NUM	8	5832	NPRESC MD POST	17C	1= PRESENT 0= ABSENT
735	BNPSM52	NUM	8	5840	NPRESC MD POST	18A	1= PRESENT 0= ABSENT
736	BNPSM53	NUM	8	5848	NPRESC MD POST	18B	1= PRESENT 0= ABSENT
737	BNPSM54	NUM	8	5856	NPRESC MD POST	18C	1= PRESENT 0= ABSENT
738	BNPSM55	NUM	8	5864	NPRESC MD POST	19A	1= PRESENT 0= ABSENT

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739 BNPSM56  NUM   8  5872   NPRESC MD POST   19B 1= PRESENT
                                                  0= ABSENT
740 BNPSM57  NUM   8  5880   NPRESC MD POST   19C 1= PRESENT
                                                  0= ABSENT
741 BNPSM58  NUM   8  5888   NPRESC MD POST   20A 1= PRESENT
                                                  0= ABSENT
742 BNPSM59  NUM   8  5896   NPRESC MD POST   20B 1= PRESENT
                                                  0= ABSENT
743 BNPSM60  NUM   8  5904   NPRESC MD POST   20C 1= PRESENT
                                                  0= ABSENT
403 BNUMHOUS NUM   8  3184   LIFESTYLE POST  A 6  0-8= NUMBER OF PEOPLE
                                                  9>= NINE OR MORE PEOPL
379 BPD      NUM   8  3010   PHYS MEAS PRE     3B BP-DIASTOLIC
782 BPFASUM  NUM   8  6216   LIFESTYLE POST       DATRAN
509 BPFA1    NUM   8  4032   LIFESTYLE POST  E 1  FREQUENCY
510 BPFA2    NUM   8  4040   LIFESTYLE POST  E 2  FREQUENCY
511 BPFA3    NUM   8  4048   LIFESTYLE POST  E 3A FREQUENCY
512 BPFA4    NUM   8  4056   LIFESTYLE POST  E 3B FREQUENCY
513 BPFA5    NUM   8  4064   LIFESTYLE POST  E 3C FREQUENCY
514 BPFA6    NUM   8  4072   LIFESTYLE POST  E 3D FREQUENCY
515 BPFA7    NUM   8  4080   LIFESTYLE POST  E 3E FREQUENCY
516 BPFA8    NUM   8  4088   LIFESTYLE POST  E 3F FREQUENCY
517 BPFA9    NUM   8  4096   LIFESTYLE POST  E 3G FREQUENCY
518 BPFA10   NUM   8  4104   LIFESTYLE POST  E 3H FREQUENCY
519 BPFA11   NUM   8  4112   LIFESTYLE POST  E 3I FREQUENCY
520 BPFA12   NUM   8  4120   LIFESTYLE POST  E 3J FREQUENCY
521 BPFA13   NUM   8  4128   LIFESTYLE POST  E 3K 1= PRESENT
                                                  0= ABSENT
522 BPFA14   NUM   8  4136   LIFESTYLE POST  E 4A FREQUENCY
523 BPFA15   NUM   8  4144   LIFESTYLE POST  E 4B FREQUENCY
524 BPFA16   NUM   8  4152   LIFESTYLE POST  E 4C FREQUENCY
525 BPFA17   NUM   8  4160   LIFESTYLE POST  E 4D FREQUENCY
526 BPFA18   NUM   8  4168   LIFESTYLE POST  E 4E 1= PRESENT
                                                  0= ABSENT
527 BPFA19   NUM   8  4176   LIFESTYLE POST  E 5  1= NO/RARELY
                                                  2= MAYBE/SOMETIMES
                                                  3= YES/USUALLY
528 BPFA20   NUM   8  4184   LIFESTYLE POST  E 6  1= NO/RARELY
                                                  2= MAYBE/SOMETIMES
                                                  3= YES/USUALLY
529 BPFA21   NUM   8  4192   LIFESTYLE POST  E 7  1= NO/RARELY
                                                  2= MAYBE/SOMETIMES
                                                  3= YES/USUALLY
530 BPFA22   NUM   8  4200   LIFESTYLE POST  E 8  1= NO/RARELY
                                                  2= MAYBE/SOMETIMES
                                                  3= YES/USUALLY
531 BPFA23   NUM   8  4208   LIFESTYLE POST  E 9  1= NO/RARELY
                                                  2= MAYBE/SOMETIMES
                                                  3= YES/USUALLY
784 BPFLSUM  NUM   8  6232   LIFESTYLE POST       DATRAN
786 BPFPSUM  NUM   8  6248   LIFESTYLE POST       DATRAN
766 BPLS     NUM   8  6088   PHYS MEAS POST  4    PULSE (MIN)
378 BPN      NUM   8  3002   PHYS MEAS PRE   3A   BP-SYSTOLIC
389 BPRPST1  NUM   8  3079             POST       2= POST ASSESSMENT
624 BPS1     NUM   8  4952    PRESC MD POST    1A 1= PRESENT
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							0= ABSENT
625	BPS2	NUM	8	4960	PRESC MD POST	1B	1= PRESENT 0= ABSENT
626	BPS3	NUM	8	4968	PRESC MD POST	1C	1= PRESENT 0= ABSENT
627	BPS4	NUM	8	4976	PRESC MD POST	2A	1= PRESENT 0= ABSENT
628	BPS5	NUM	8	4984	PRESC MD POST	2B	1= PRESENT 0= ABSENT
629	BPS6	NUM	8	4992	PRESC MD POST	2C	1= PRESENT 0= ABSENT
630	BPS7	NUM	8	5000	PRESC MD POST	3A	1= PRESENT 0= ABSENT
631	BPS8	NUM	8	5008	PRESC MD POST	3B	1= PRESENT 0= ABSENT
632	BPS9	NUM	8	5016	PRESC MD POST	3C	1= PRESENT 0= ABSENT
633	BPS10	NUM	8	5024	PRESC MD POST	4A	1= PRESENT 0= ABSENT
634	BPS11	NUM	8	5032	PRESC MD POST	4B	1= PRESENT 0= ABSENT
635	BPS12	NUM	8	5040	PRESC MD POST	4C	1= PRESENT 0= ABSENT
636	BPS13	NUM	8	5048	PRESC MD POST	5A	1= PRESENT 0= ABSENT
637	BPS14	NUM	8	5056	PRESC MD POST	5B	1= PRESENT 0= ABSENT
638	BPS15	NUM	8	5064	PRESC MD POST	5C	1= PRESENT 0= ABSENT
639	BPS16	NUM	8	5072	PRESC MD POST	6A	1= PRESENT 0= ABSENT
640	BPS17	NUM	8	5080	PRESC MD POST	6B	1= PRESENT 0= ABSENT
641	BPS18	NUM	8	5088	PRESC MD POST	6C	1= PRESENT 0= ABSENT
642	BPS19	NUM	8	5096	PRESC MD POST	7A	1= PRESENT 0= ABSENT
643	BPS20	NUM	8	5104	PRESC MD POST	7B	1= PRESENT 0= ABSENT
644	BPS21	NUM	8	5112	PRESC MD POST	7C	1= PRESENT 0= ABSENT
645	BPS22	NUM	8	5120	PRESC MD POST	8A	1= PRESENT 0= ABSENT
646	BPS23	NUM	8	5128	PRESC MD POST	8B	1= PRESENT 0= ABSENT
647	BPS24	NUM	8	5136	PRESC MD POST	8C	1= PRESENT 0= ABSENT
648	BPS25	NUM	8	5144	PRESC MD POST	9A	1= PRESENT 0= ABSENT
649	BPS26	NUM	8	5152	PRESC MD POST	9B	1= PRESENT 0= ABSENT
650	BPS27	NUM	8	5160	PRESC MD POST	9C	1= PRESENT 0= ABSENT
651	BPS28	NUM	8	5168	PRESC MD POST	10A	1= PRESENT 0= ABSENT

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652 BPS29     NUM     8  5176      PRESC MD POST    10B 1= PRESENT
                                                        0= ABSENT
653 BPS30     NUM     8  5184      PRESC MD POST    10C 1= PRESENT
                                                        0= ABSENT
654 BPS31     NUM     8  5192      PRESC MD POST    11A 1= PRESENT
                                                        0= ABSENT
655 BPS32     NUM     8  5200      PRESC MD POST    11B 1= PRESENT
                                                        0= ABSENT
656 BPS33     NUM     8  5208      PRESC MD POST    11C 1= PRESENT
                                                        0= ABSENT
657 BPS34     NUM     8  5216      PRESC MD POST    12A 1= PRESENT
                                                        0= ABSENT
658 BPS35     NUM     8  5224      PRESC MD POST    12B 1= PRESENT
                                                        0= ABSENT
659 BPS36     NUM     8  5232      PRESC MD POST    12C 1= PRESENT
                                                        0= ABSENT
660 BPS37     NUM     8  5240      PRESC MD POST    13A 1= PRESENT
                                                        0= ABSENT
661 BPS38     NUM     8  5248      PRESC MD POST    13B 1= PRESENT
                                                        0= ABSENT
662 BPS39     NUM     8  5256      PRESC MD POST    13C 1= PRESENT
                                                        0= ABSENT
663 BPS40     NUM     8  5264      PRESC MD POST    14A 1= PRESENT
                                                        0= ABSENT
664 BPS41     NUM     8  5272      PRESC MD POST    14B 1= PRESENT
                                                        0= ABSENT
665 BPS42     NUM     8  5280      PRESC MD POST    14C 1= PRESENT
                                                        0= ABSENT
666 BPS43     NUM     8  5288      PRESC MD POST    15A 1= PRESENT
                                                        0= ABSENT
667 BPS44     NUM     8  5296      PRESC MD POST    15B 1= PRESENT
                                                        0= ABSENT
668 BPS45     NUM     8  5304      PRESC MD POST    15C 1= PRESENT
                                                        0= ABSENT
669 BPS46     NUM     8  5312      PRESC MD POST    16A 1= PRESENT
                                                        0= ABSENT
670 BPS47     NUM     8  5320      PRESC MD POST    16B 1= PRESENT
                                                        0= ABSENT
671 BPS48     NUM     8  5328      PRESC MD POST    16C 1= PRESENT
                                                        0= ABSENT
672 BPS49     NUM     8  5336      PRESC MD POST    17A 1= PRESENT
                                                        0= ABSENT
673 BPS50     NUM     8  5344      PRESC MD POST    17B 1= PRESENT
                                                        0= ABSENT
674 BPS51     NUM     8  5352      PRESC MD POST    17C 1= PRESENT
                                                        0= ABSENT
675 BPS52     NUM     8  5360      PRESC MD POST    18A 1= PRESENT
                                                        0= ABSENT
676 BPS53     NUM     8  5368      PRESC MD POST    18B 1= PRESENT
                                                        0= ABSENT
677 BPS54     NUM     8  5376      PRESC MD POST    18C 1= PRESENT
                                                        0= ABSENT
678 BPS55     NUM     8  5384      PRESC MD POST    19A 1= PRESENT
                                                        0= ABSENT
679 BPS56     NUM     8  5392      PRESC MD POST    19B 1= PRESENT
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                                                                0= ABSENT
680 BPS57     NUM      8   5400        PRESC MD POST     19C 1= PRESENT
                                                                0= ABSENT
681 BPS58     NUM      8   5408        PRESC MD POST     20A 1= PRESENT
                                                                0= ABSENT
682 BPS59     NUM      8   5416        PRESC MD POST     20B 1= PRESENT
                                                                0= ABSENT
683 BPS60     NUM      8   5424        PRESC MD POST     20C 1= PRESENT
                                                                0= ABSENT
778 BPYSUM    NUM      8   6184      LIFESTYLE POST          DATRAN
459 BPY1      NUM      8   3632      LIFESTYLE POST    C 1   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
460 BPY2      NUM      8   3640      LIFESTYLE POST    C 2   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
461 BPY3      NUM      8   3648      LIFESTYLE POST    C 3   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
462 BPY4      NUM      8   3656      LIFESTYLE POST    C 4   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
463 BPY5      NUM      8   3664      LIFESTYLE POST    C 5   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
464 BPY6      NUM      8   3672      LIFESTYLE POST    C 6   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
465 BPY7      NUM      8   3680      LIFESTYLE POST    C 7   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
466 BPY8      NUM      8   3688      LIFESTYLE POST    C 8   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
467 BPY9      NUM      8   3696      LIFESTYLE POST    C 9   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
468 BPY10     NUM      8   3704      LIFESTYLE POST    C10   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
469 BPY11     NUM      8   3712      LIFESTYLE POST    C11   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
470 BPY12     NUM      8   3720      LIFESTYLE POST    C12   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
471 BPY13     NUM      8   3728      LIFESTYLE POST    C13   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
472 BPY14     NUM      8   3736      LIFESTYLE POST    C14   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
473 BPY15     NUM      8   3744      LIFESTYLE POST    C15   1= NO/RARELY
                                                             2= MAYBE/SOMETIMES
                                                             3= YES/USUALLY
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474	BPY16	NUM	8	3752	LIFESTYLE POST	C16	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
475	BPY17	NUM	8	3760	LIFESTYLE POST	C17	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
476	BPY18	NUM	8	3768	LIFESTYLE POST	C18	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
477	BPY19	NUM	8	3776	LIFESTYLE POST	C19	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
478	BPY20	NUM	8	3784	LIFESTYLE POST	C20	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
479	BPY21	NUM	8	3792	LIFESTYLE POST	C21	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
480	BPY22	NUM	8	3800	LIFESTYLE POST	C22	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
481	BPY23	NUM	8	3808	LIFESTYLE POST	C23	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
482	BPY24	NUM	8	3816	LIFESTYLE POST	C24	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
483	BPY25	NUM	8	3824	LIFESTYLE POST	C25	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
484	BPY26	NUM	8	3832	LIFESTYLE POST	C26	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
485	BPY27	NUM	8	3840	LIFESTYLE POST	C27	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
486	BPY28	NUM	8	3848	LIFESTYLE POST	C28	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
487	BPY29	NUM	8	3856	LIFESTYLE POST	C29	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
488	BPY30	NUM	8	3864	LIFESTYLE POST	C30	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
390	BRATER1	CHAR	1	3087	POST		P= PARTICIPANT T= TRAINER C= CONTROL
788	BSASUM	NUM	8	6264	LIFESTYLE POST		DATRAN
532	BSA1	NUM	8	4216	LIFESTYLE POST	H 1	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
533	BSA2	NUM	8	4224	LIFESTYLE POST	H 2	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY

534	BSA3	NUM	8	4232	LIFESTYLE POST	H 3	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
535	BSA4	NUM	8	4240	LIFESTYLE POST	H 4	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
536	BSA5	NUM	8	4248	LIFESTYLE POST	H 5	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
537	BSA6	NUM	8	4256	LIFESTYLE POST	H 6	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
538	BSA7	NUM	8	4264	LIFESTYLE POST	H 7	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
539	BSA8	NUM	8	4272	LIFESTYLE POST	H 8A	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
540	BSA9	NUM	8	4280	LIFESTYLE POST	H 8B	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
541	BSA10	NUM	8	4288	LIFESTYLE POST	H 8C	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
542	BSA11	NUM	8	4296	LIFESTYLE POST	H 8D	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
543	BSA12	NUM	8	4304	LIFESTYLE POST	H 8E	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
544	BSA13	NUM	8	4312	LIFESTYLE POST	H 8F	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
545	BSA14	NUM	8	4320	LIFESTYLE POST	H 9	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
546	BSA15	NUM	8	4328	LIFESTYLE POST	H10	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
547	BSA16	NUM	8	4336	LIFESTYLE POST	H11	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
548	BSA17	NUM	8	4344	LIFESTYLE POST	H12	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
549	BSA18	NUM	8	4352	LIFESTYLE POST	H13	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
550	BSA19	NUM	8	4360	LIFESTYLE POST	H14	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
551	BSA20	NUM	8	4368	LIFESTYLE POST	H15	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
552	BSA21	NUM	8	4376	LIFESTYLE POST	H16	1= NO/RARELY

								2= MAYBE/SOMETIMES 3= YES/USUALLY
553	BSA22	NUM	8	4384	LIFESTYLE	POST	H17	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
554	BSA23	NUM	8	4392	LIFESTYLE	POST	H18	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
555	BSA24	NUM	8	4400	LIFESTYLE	POST	H19	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
556	BSA25	NUM	8	4408	LIFESTYLE	POST	H20	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
557	BSA26	NUM	8	4416	LIFESTYLE	POST	H21	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
558	BSA27	NUM	8	4424	LIFESTYLE	POST	H22	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
772	BSCTHCLS	NUM	8	6136	PHYS MEAS	POST	8B	1= THROUGH CLOTHES 0= SKIN
393	BSEX	NUM	8	3104	LIFESTYLE	POST	A 2	1= MALE 0= FEMALE
388	BSITE1	CHAR	3	3076		POST		BC= BARBERTON SENIOR CITIZEN CENTER BG= BARBERTON ALLEN DIXON SENIOR APARTMENTS BQ= NORTHERN SUMMIT COUNTY MULTI-SERVICE CENTER CF= CUYAHOGA FALLS SENIOR CITIZENS GROUP (GRANT CULTURAL CENTER) CO= COPELAND OAKS NE= CENTER FOR OLDER ADULTS TODAY (N.E.O.U.C.O.M.) SK= STOW KENT GARDENS
771	BSUBSCP	NUM	8	6128	PHYS MEAS	POST	8A	SUBSCAPULAR SKINFOLD (MM)
744	BSUMRT1	NUM	8	5912	GLOB MEAS	POST	1	1= EXERCISE TEAM RATING PRESENT 0= EXERCISE TEAM RATING ABSENT
745	BSUMRT2	NUM	8	5920	GLOB MEAS	POST	2	1= NOT FIT PHYSICALLY TO 7= VERY FIT PHYSICALLY
746	BSUMRT3	NUM	8	5928	GLOB MEAS	POST	3	1= NUTRITION TEAM RATING PRESENT 0= NUTRITION TEAM RATING ABSENT
747	BSUMRT4	NUM	8	5936	GLOB MEAS	POST	4	1= NUTRITION POOR

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                                                        TO
                                                        7= NUTRITION GOOD
748 BSUMRT5  NUM   8  5944    GLOB MEAS POST  5     1= PHARMACOLOGY TEAM
                                                           RATING PRESENT
                                                        0= PHARMACOLOGY TEAM
                                                           RATING ABSENT
749 BSUMRT6  NUM   8  5952    GLOB MEAS POST  6     1= LOW KNOWLEDGE MEDS
                                                        TO
                                                        7= HIGH KNOWLEDGE MEDS
750 BSUMRT7  NUM   8  5960    GLOB MEAS POST  7     1= NOT HEAVILY
                                                           MEDICATED
                                                        TO
                                                        7= HEAVILY MEDICATED
751 BSUMRT8  NUM   8  5968    GLOB MEAS POST  8     1= POTENTIAL UNDER MED
                                                        TO
                                                        7= POTENTIAL OVER MED.
752 BSUMRT9  NUM   8  5976    GLOB MEAS POST  9     1= DENTAL TEAM
                                                           RATING PRESENT
                                                        0= DENTAL TEAM
                                                           RATING ABSENT
753 BSUMRT10 NUM   8  5984    GLOB MEAS POST  10    1= WELL INFORMED RE
                                                           ORAL HEALTH
                                                        TO
                                                        7= POORLY INFORMED RE
                                                           ORAL HEALTH
754 BSUMRT11 NUM   8  5992    GLOB MEAS POST  11    1= PSYCHOLOGY TEAM
                                                           RATING PRESENT
                                                        0= PSYCHOLOGY TEAM
                                                           RATING ABSENT
755 BSUMRT12 NUM   8  6000    GLOB MEAS POST  12    1= VERY ILL
                                                        TO
                                                        7= VERY HEALTHY
756 BSUMRT13 NUM   8  6008    GLOB MEAS POST  13    1= VERY LOW
                                                           DEVELOPMENTAL ACT.
                                                        TO
                                                        7= VERY HIGH
                                                           DEVELOPMENTAL ACT.
757 BSUMRT14 NUM   8  6016    GLOB MEAS POST  14    1= VERY LOW
                                                           PSYCHOSOCIAL ACT.
                                                        TO
                                                        7= VERY HIGH
                                                           PSYCHOSOCIAL ACT.
758 BSUMRT15 NUM   8  6024    GLOB MEAS POST  15    1= NEED HELP/NOT SELF-
                                                           SUFFICIENT ADL´S
                                                        TO
                                                        7= HIGH INDEPENDENCE/
                                                           SELF-SUFFICIENT
                                                           ADL´S
759 BSUMRT16 NUM   8  6032    GLOB MEAS POST  16    1= POOR AWARENESS OF
                                                           ENVIRONMENT
                                                        TO
                                                        7= GOOD AWARENESS OF
                                                           ENVIRONMENT
760 BSUMRT17 NUM   8  6040    GLOB MEAS POST  17    1= VERY LOW OVERALL
                                                           QUALITY OF LIFE
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                                                              TO
                                                              7= VERY HIGH OVERALL
                                                                 QUALITY OF LIFE
396 BSW1      NUM    8  3128   LIFESTYLE POST    A 5A  1= YES
                                                       0= NO
397 BSW2      NUM    8  3136   LIFESTYLE POST    A 5B  1= YES
                                                       0= NO
398 BSW3      NUM    8  3144   LIFESTYLE POST    A 5C  1= YES
                                                       0= NO
399 BSW4      NUM    8  3152   LIFESTYLE POST    A 5D  1= YES
                                                       0= NO
400 BSW5      NUM    8  3160   LIFESTYLE POST    A 5E  1= YES
                                                       0= NO
401 BSW6      NUM    8  3168   LIFESTYLE POST    A 5F  1= YES
                                                       0= NO
402 BSW7      NUM    8  3176   LIFESTYLE POST    A 5F  1= PRESENT
                                                       0= ABSENT
408 BTHLTHP   NUM    8  3224   LIFESTYLE POST    A11   1= YES
                                                       0= NO
404 BTHOUS    NUM    8  3192   LIFESTYLE POST    A 7   1= APARTMENT
                                                       2= RETIRMENT HOME
                                                       3= LIVING RELATIVES
                                                       4= SENIOR HIGH-RISE
                                                       5= HOME
                                                       6= OTHER
769 BTRIC     NUM    8  6112   PHYS MEAS POST    7A    TRICEPS SKINFOLD (MM)
770 BTRTHCLS  NUM    8  6120   PHYS MEAS POST    7B    1= THROUGH CLOTHES
                                                       0= SKIN
761 BWT       NUM    8  6048   PHYS MEAS POST    1     WEIGHT (LBS.)
  5 CARDS     NUM    8    18                           RAW DATA CARD NO.
  1 CASNO1    CHAR   2     4             PRE           S´#-UNIQUE TO SITE
 19 CHRES     NUM    8   130   LIFESTYLE PRE     A 8   1= YES
                                                       0= NO
794 CNT1      NUM    8  6312                           DATRAN (1= CONTROL
                                                                  GROUP)
 52 COMM      NUM    8   394   LIFESTYLE PRE     A19   1= PRESENT
                                                       2= ABSENT
 42 CURINC    NUM    8   314   LIFESTYLE PRE     A15   1= INADEQUATE
                                                       2= BARELY ADEQUATE
                                                       3= ADEQUATE
775 DASUM     NUM    8  6160   LIFESTYLE PRE           DATRAN
 53 DA1       NUM    8   402   LIFESTYLE PRE     B 1   1= NO/RARELY
                                                       2= MAYBE/SOMETIMES
                                                       3= YES/USUALLY
 54 DA2       NUM    8   410   LIFESTYLE PRE     B 2   1= NO/RARELY
                                                       2= MAYBE/SOMETIMES
                                                       3= YES/USUALLY
 55 DA3       NUM    8   418   LIFESTYLE PRE     B 3   1= NO/RARELY
                                                       2= MAYBE/SOMETIMES
                                                       3= YES/USUALLY
 56 DA4       NUM    8   426   LIFESTYLE PRE     B 4   1= NO/RARELY
                                                       2= MAYBE/SOMETIMES
                                                       3= YES/USUALLY
 57 DA5       NUM    8   434   LIFESTYLE PRE     B 5   1= NO/RARELY
                                                       2= MAYBE/SOMETIMES
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                                                                  3= YES/USUALLY
 58 DA6      NUM    8   442   LIFESTYLE  PRE  B 6   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 59 DA7      NUM    8   450   LIFESTYLE  PRE  B 7   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 60 DA8      NUM    8   458   LIFESTYLE  PRE  B 8   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 61 DA9      NUM    8   466   LIFESTYLE  PRE  B 9   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 62 DA10     NUM    8   474   LIFESTYLE  PRE  B10   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 63 DA11     NUM    8   482   LIFESTYLE  PRE  B11   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 64 DA12     NUM    8   490   LIFESTYLE  PRE  B12   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 65 DA13     NUM    8   498   LIFESTYLE  PRE  B13   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 66 DA14     NUM    8   506   LIFESTYLE  PRE  B14   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 67 DA15     NUM    8   514   LIFESTYLE  PRE  B15   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 68 DA16     NUM    8   522   LIFESTYLE  PRE  B16   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 69 DA17     NUM    8   530   LIFESTYLE  PRE  B17   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 70 DA18     NUM    8   538   LIFESTYLE  PRE  B18   1= NO
                                                    3= YES
 71 DA19     NUM    8   546   LIFESTYLE  PRE  B18A  1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 72 DA20     NUM    8   554   LIFESTYLE  PRE  B19   1= NO/RARELY
                                                    2= MAYBE/SOMETIMES
                                                    3= YES/USUALLY
 23 DISAB    NUM    8   162   LIFESTYLE  PRE  A12   1= YES
                                                    0= NO
 20 ED       NUM    8   138   LIFESTYLE  PRE  A 9   1= ELEMENTARY
                                                    2= HIGH SCHOOL
                                                    3= VOCATIONAL/TECHNICA
                                                    4= BACHELOR´S DEGREE
                                                    5= BACHELOR´S +
                                                    6= OTHER
793 EXP1     NUM    8  6304                         DATRAN (1= EXPERIMENTA
                                                               GROUP)
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376	FT	NUM	8	2986	PHYS MEAS	PRE	2A	HEIGHT (FT)
866	GADLSUM	NUM	8	6888	LIFESTYLE			GAIN SCORE
846	GADL1	NUM	8	6728	LIFESTYLE			GAIN SCORE
847	GADL2	NUM	8	6736	LIFESTYLE			GAIN SCORE
848	GADL3	NUM	8	6744	LIFESTYLE			GAIN SCORE
849	GADL4	NUM	8	6752	LIFESTYLE			GAIN SCORE
850	GADL5	NUM	8	6760	LIFESTYLE			GAIN SCORE
851	GADL6	NUM	8	6768	LIFESTYLE			GAIN SCORE
852	GADL7	NUM	8	6776	LIFESTYLE			GAIN SCORE
853	GADL8	NUM	8	6784	LIFESTYLE			GAIN SCORE
854	GADL9	NUM	8	6792	LIFESTYLE			GAIN SCORE
855	GADL10	NUM	8	6800	LIFESTYLE			GAIN SCORE
856	GADL11	NUM	8	6808	LIFESTYLE			GAIN SCORE
857	GADL12	NUM	8	6816	LIFESTYLE			GAIN SCORE
858	GADL13	NUM	8	6824	LIFESTYLE			GAIN SCORE
859	GADL14	NUM	8	6832	LIFESTYLE			GAIN SCORE
860	GADL15	NUM	8	6840	LIFESTYLE			GAIN SCORE
861	GADL16	NUM	8	6848	LIFESTYLE			GAIN SCORE
862	GADL17	NUM	8	6856	LIFESTYLE			GAIN SCORE
863	GADL18	NUM	8	6864	LIFESTYLE			GAIN SCORE
864	GADL19	NUM	8	6872	LIFESTYLE			GAIN SCORE
865	GADL20	NUM	8	6880	LIFESTYLE			GAIN SCORE
814	GDASUM	NUM	8	6472	LIFESTYLE			GAIN SCORE
795	GDA1	NUM	8	6320	LIFESTYLE			GAIN SCORE
796	GDA2	NUM	8	6328	LIFESTYLE			GAIN SCORE
797	GDA3	NUM	8	6336	LIFESTYLE			GAIN SCORE
798	GDA4	NUM	8	6344	LIFESTYLE			GAIN SCORE
799	GDA5	NUM	8	6352	LIFESTYLE			GAIN SCORE
800	GDA6	NUM	8	6360	LIFESTYLE			GAIN SCORE
801	GDA7	NUM	8	6368	LIFESTYLE			GAIN SCORE
802	GDA8	NUM	8	6376	LIFESTYLE			GAIN SCORE
803	GDA9	NUM	8	6384	LIFESTYLE			GAIN SCORE
804	GDA10	NUM	8	6392	LIFESTYLE			GAIN SCORE
805	GDA11	NUM	8	6400	LIFESTYLE			GAIN SCORE
806	GDA12	NUM	8	6408	LIFESTYLE			GAIN SCORE
807	GDA13	NUM	8	6416	LIFESTYLE			GAIN SCORE
808	GDA14	NUM	8	6424	LIFESTYLE			GAIN SCORE
809	GDA15	NUM	8	6432	LIFESTYLE			GAIN SCORE
810	GDA16	NUM	8	6440	LIFESTYLE			GAIN SCORE
811	GDA17	NUM	8	6448	LIFESTYLE			GAIN SCORE
812	GDA19	NUM	8	6456	LIFESTYLE			GAIN SCORE
813	GDA20	NUM	8	6464	LIFESTYLE			GAIN SCORE
978	GMASUM	NUM	8	7784	LIFESTYLE			GAIN SCORE
954	GMA1	NUM	8	7592	LIFESTYLE			GAIN SCORE
955	GMA2	NUM	8	7600	LIFESTYLE			GAIN SCORE
956	GMA3	NUM	8	7608	LIFESTYLE			GAIN SCORE
957	GMA4	NUM	8	7616	LIFESTYLE			GAIN SCORE
958	GMA5	NUM	8	7624	LIFESTYLE			GAIN SCORE
959	GMA6	NUM	8	7632	LIFESTYLE			GAIN SCORE
960	GMA7	NUM	8	7640	LIFESTYLE			GAIN SCORE
961	GMA8	NUM	8	7648	LIFESTYLE			GAIN SCORE
962	GMA9	NUM	8	7656	LIFESTYLE			GAIN SCORE
963	GMA10	NUM	8	7664	LIFESTYLE			GAIN SCORE
964	GMA11	NUM	8	7672	LIFESTYLE			GAIN SCORE
965	GMA12	NUM	8	7680	LIFESTYLE			GAIN SCORE

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966 GMA13      NUM     8   7688      LIFESTYLE                  GAIN SCORE
967 GMA14      NUM     8   7696      LIFESTYLE                  GAIN SCORE
968 GMA15      NUM     8   7704      LIFESTYLE                  GAIN SCORE
969 GMA16      NUM     8   7712      LIFESTYLE                  GAIN SCORE
970 GMA17      NUM     8   7720      LIFESTYLE                  GAIN SCORE
971 GMA18      NUM     8   7728      LIFESTYLE                  GAIN SCORE
972 GMA19      NUM     8   7736      LIFESTYLE                  GAIN SCORE
973 GMA20      NUM     8   7744      LIFESTYLE                  GAIN SCORE
974 GMA21      NUM     8   7752      LIFESTYLE                  GAIN SCORE
975 GMA22      NUM     8   7760      LIFESTYLE                  GAIN SCORE
976 GMA23      NUM     8   7768      LIFESTYLE                  GAIN SCORE
977 GMA24      NUM     8   7776      LIFESTYLE                  GAIN SCORE
953 GNASUM     NUM     8   7584      LIFESTYLE                  GAIN SCORE
919 GNA1       NUM     8   7312      LIFESTYLE                  GAIN SCORE
920 GNA2       NUM     8   7320      LIFESTYLE                  GAIN SCORE
921 GNA3       NUM     8   7328      LIFESTYLE                  GAIN SCORE
922 GNA4       NUM     8   7336      LIFESTYLE                  GAIN SCORE
923 GNA5       NUM     8   7344      LIFESTYLE                  GAIN SCORE
924 GNA6       NUM     8   7352      LIFESTYLE                  GAIN SCORE
925 GNA7       NUM     8   7360      LIFESTYLE                  GAIN SCORE
926 GNA8       NUM     8   7368      LIFESTYLE                  GAIN SCORE
927 GNA9       NUM     8   7376      LIFESTYLE                  GAIN SCORE
928 GNA10      NUM     8   7384      LIFESTYLE                  GAIN SCORE
929 GNA11      NUM     8   7392      LIFESTYLE                  GAIN SCORE
930 GNA12      NUM     8   7400      LIFESTYLE                  GAIN SCORE
931 GNA13      NUM     8   7408      LIFESTYLE                  GAIN SCORE
932 GNA14      NUM     8   7416      LIFESTYLE                  GAIN SCORE
933 GNA15      NUM     8   7424      LIFESTYLE                  GAIN SCORE
934 GNA16      NUM     8   7432      LIFESTYLE                  GAIN SCORE
935 GNA17      NUM     8   7440      LIFESTYLE                  GAIN SCORE
936 GNA18      NUM     8   7448      LIFESTYLE                  GAIN SCORE
937 GNA19      NUM     8   7456      LIFESTYLE                  GAIN SCORE
938 GNA20      NUM     8   7464      LIFESTYLE                  GAIN SCORE
939 GNA21      NUM     8   7472      LIFESTYLE                  GAIN SCORE
940 GNA22      NUM     8   7480      LIFESTYLE                  GAIN SCORE
941 GNA23      NUM     8   7488      LIFESTYLE                  GAIN SCORE
942 GNA24      NUM     8   7496      LIFESTYLE                  GAIN SCORE
943 GNA25      NUM     8   7504      LIFESTYLE                  GAIN SCORE
944 GNA26      NUM     8   7512      LIFESTYLE                  GAIN SCORE
945 GNA27      NUM     8   7520      LIFESTYLE                  GAIN SCORE
946 GNA28      NUM     8   7528      LIFESTYLE                  GAIN SCORE
947 GNA29      NUM     8   7536      LIFESTYLE                  GAIN SCORE
948 GNA31      NUM     8   7544      LIFESTYLE                  GAIN SCORE
949 GNA32      NUM     8   7552      LIFESTYLE                  GAIN SCORE
950 GNA33      NUM     8   7560      LIFESTYLE                  GAIN SCORE
951 GNA34      NUM     8   7568      LIFESTYLE                  GAIN SCORE
952 GNA40      NUM     8   7576      LIFESTYLE                  GAIN SCORE
880 GPFASUM    NUM     8   7000      LIFESTYLE                  GAIN SCORE
867 GPFA1      NUM     8   6896      LIFESTYLE                  GAIN SCORE
868 GPFA2      NUM     8   6904      LIFESTYLE                  GAIN SCORE
869 GPFA3      NUM     8   6912      LIFESTYLE                  GAIN SCORE
870 GPFA4      NUM     8   6920      LIFESTYLE                  GAIN SCORE
871 GPFA5      NUM     8   6928      LIFESTYLE                  GAIN SCORE
872 GPFA6      NUM     8   6936      LIFESTYLE                  GAIN SCORE
873 GPFA7      NUM     8   6944      LIFESTYLE                  GAIN SCORE
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874 GPFA8     NUM    8  6952    LIFESTYLE          GAIN SCORE
875 GPFA9     NUM    8  6960    LIFESTYLE          GAIN SCORE
876 GPFA10    NUM    8  6968    LIFESTYLE          GAIN SCORE
877 GPFA11    NUM    8  6976    LIFESTYLE          GAIN SCORE
878 GPFA12    NUM    8  6984    LIFESTYLE          GAIN SCORE
879 GPFA13    NUM    8  6992    LIFESTYLE          GAIN SCORE
881 GPFA14    NUM    8  7008    LIFESTYLE          GAIN SCORE
882 GPFA15    NUM    8  7016    LIFESTYLE          GAIN SCORE
883 GPFA16    NUM    8  7024    LIFESTYLE          GAIN SCORE
884 GPFA17    NUM    8  7032    LIFESTYLE          GAIN SCORE
885 GPFA18    NUM    8  7040    LIFESTYLE          GAIN SCORE
887 GPFA19    NUM    8  7056    LIFESTYLE          GAIN SCORE
888 GPFA20    NUM    8  7064    LIFESTYLE          GAIN SCORE
889 GPFA21    NUM    8  7072    LIFESTYLE          GAIN SCORE
890 GPFA22    NUM    8  7080    LIFESTYLE          GAIN SCORE
886 GPFLSUM   NUM    8  7048    LIFESTYLE          GAIN SCORE
891 GPFPSUM   NUM    8  7088    LIFESTYLE          GAIN SCORE
845 GPYSUM    NUM    8  6720    LIFESTYLE          GAIN SCORE
815 GPY1      NUM    8  6480    LIFESTYLE          GAIN SCORE
816 GPY2      NUM    8  6488    LIFESTYLE          GAIN SCORE
817 GPY3      NUM    8  6496    LIFESTYLE          GAIN SCORE
818 GPY4      NUM    8  6504    LIFESTYLE          GAIN SCORE
819 GPY5      NUM    8  6512    LIFESTYLE          GAIN SCORE
820 GPY6      NUM    8  6520    LIFESTYLE          GAIN SCORE
821 GPY7      NUM    8  6528    LIFESTYLE          GAIN SCORE
822 GPY8      NUM    8  6536    LIFESTYLE          GAIN SCORE
823 GPY9      NUM    8  6544    LIFESTYLE          GAIN SCORE
824 GPY10     NUM    8  6552    LIFESTYLE          GAIN SCORE
825 GPY11     NUM    8  6560    LIFESTYLE          GAIN SCORE
826 GPY12     NUM    8  6568    LIFESTYLE          GAIN SCORE
827 GPY13     NUM    8  6576    LIFESTYLE          GAIN SCORE
828 GPY14     NUM    8  6584    LIFESTYLE          GAIN SCORE
829 GPY15     NUM    8  6592    LIFESTYLE          GAIN SCORE
830 GPY16     NUM    8  6600    LIFESTYLE          GAIN SCORE
831 GPY17     NUM    8  6608    LIFESTYLE          GAIN SCORE
832 GPY18     NUM    8  6616    LIFESTYLE          GAIN SCORE
833 GPY19     NUM    8  6624    LIFESTYLE          GAIN SCORE
834 GPY20     NUM    8  6632    LIFESTYLE          GAIN SCORE
835 GPY21     NUM    8  6640    LIFESTYLE          GAIN SCORE
836 GPY22     NUM    8  6648    LIFESTYLE          GAIN SCORE
837 GPY23     NUM    8  6656    LIFESTYLE          GAIN SCORE
838 GPY24     NUM    8  6664    LIFESTYLE          GAIN SCORE
839 GPY25     NUM    8  6672    LIFESTYLE          GAIN SCORE
840 GPY26     NUM    8  6680    LIFESTYLE          GAIN SCORE
841 GPY27     NUM    8  6688    LIFESTYLE          GAIN SCORE
842 GPY28     NUM    8  6696    LIFESTYLE          GAIN SCORE
843 GPY29     NUM    8  6704    LIFESTYLE          GAIN SCORE
844 GPY30     NUM    8  6712    LIFESTYLE          GAIN SCORE
918 GSASUM    NUM    8  7304    LIFESTYLE          GAIN SCORE
892 GSA1      NUM    8  7096    LIFESTYLE          GAIN SCORE
893 GSA2      NUM    8  7104    LIFESTYLE          GAIN SCORE
894 GSA3      NUM    8  7112    LIFESTYLE          GAIN SCORE
895 GSA4      NUM    8  7120    LIFESTYLE          GAIN SCORE
896 GSA5      NUM    8  7128    LIFESTYLE          GAIN SCORE
897 GSA6      NUM    8  7136    LIFESTYLE          GAIN SCORE
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898 GSA7      NUM    8  7144    LIFESTYLE              GAIN SCORE
899 GSA8      NUM    8  7152    LIFESTYLE              GAIN SCORE
900 GSA9      NUM    8  7160    LIFESTYLE              GAIN SCORE
901 GSA10     NUM    8  7168    LIFESTYLE              GAIN SCORE
902 GSA11     NUM    8  7176    LIFESTYLE              GAIN SCORE
903 GSA12     NUM    8  7184    LIFESTYLE              GAIN SCORE
904 GSA13     NUM    8  7192    LIFESTYLE              GAIN SCORE
905 GSA14     NUM    8  7200    LIFESTYLE              GAIN SCORE
906 GSA15     NUM    8  7208    LIFESTYLE              GAIN SCORE
907 GSA16     NUM    8  7216    LIFESTYLE              GAIN SCORE
908 GSA17     NUM    8  7224    LIFESTYLE              GAIN SCORE
909 GSA18     NUM    8  7232    LIFESTYLE              GAIN SCORE
910 GSA19     NUM    8  7240    LIFESTYLE              GAIN SCORE
911 GSA20     NUM    8  7248    LIFESTYLE              GAIN SCORE
912 GSA21     NUM    8  7256    LIFESTYLE              GAIN SCORE
913 GSA22     NUM    8  7264    LIFESTYLE              GAIN SCORE
914 GSA23     NUM    8  7272    LIFESTYLE              GAIN SCORE
915 GSA24     NUM    8  7280    LIFESTYLE              GAIN SCORE
916 GSA26     NUM    8  7288    LIFESTYLE              GAIN SCORE
917 GSA27     NUM    8  7296    LIFESTYLE              GAIN SCORE
 21 HEALTH    NUM    8   146    LIFESTYLE  PRE  A10    1= POOR
                                                       2= FAIR
                                                       3= GOOD
                                                       4= EXCELLENT
  9 HLNG      NUM    8    50    LIFESTYLE  PRE  A 4    TIME MAR. STAT. (YRS)
773 HTH       NUM    8  6144    PHYS MEAS  PRE  2      DATRAN (HEIGHT)
377 IN        NUM    8  2994    PHYS MEAS  PRE  2B     HEIGHT (IN)
382 KNEH      NUM    8  3034    PHYS MEAS  PRE  6      KNEE HEIGHT (IN)
 45 LVIS1     NUM    8   338    LIFESTYLE  PRE  A18A   1= PRESENT
                                                       2= ABSENT
 46 LVIS2     NUM    8   346    LIFESTYLE  PRE  A18B   1= PRESENT
                                                       2= ABSENT
 47 LVIS3     NUM    8   354    LIFESTYLE  PRE  A18C   1= PRESENT
                                                       2= ABSENT
 48 LVIS4     NUM    8   362    LIFESTYLE  PRE  A18D   1= PRESENT
                                                       2= ABSENT
 49 LVIS5     NUM    8   370    LIFESTYLE  PRE  A18E   1= PRESENT
                                                       2= ABSENT
 50 LVIS6     NUM    8   378    LIFESTYLE  PRE  A18F   1= PRESENT
                                                       2= ABSENT
 51 LVIS7     NUM    8   386    LIFESTYLE  PRE  A18G   1= PRESENT
                                                       2= ABSENT
381 MARMC     NUM    8  3026    PHYS MEAS  PRE  5      MID ARM CIRC.(IN)
  8 MARST     NUM    8    42    LIFESTYLE  PRE  A 3    1= MARRIED
                                                       2= DIVORCED
                                                       3= SINGLE
                                                       4= WIDOWED
791 MASUM     NUM    8  6288    LIFESTYLE  PRE         DATRAN
213 MA1       NUM    8  1682    LIFESTYLE  PRE  H 1    1= NO/RARELY
                                                       2= MAYBE/SOMETIMES
                                                       3= YES/USUALLY
214 MA2       NUM    8  1690    LIFESTYLE  PRE  H 2    1= NO/RARELY
                                                       2= MAYBE/SOMETIMES
                                                       3= YES/USUALLY
215 MA3       NUM    8  1698    LIFESTYLE  PRE  H 3    1= NO/RARELY
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                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
216 MA4      NUM    8  1706    LIFESTYLE  PRE   H 4    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
217 MA5      NUM    8  1714    LIFESTYLE  PRE   H 5    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
218 MA6      NUM    8  1722    LIFESTYLE  PRE   H 6    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
219 MA7      NUM    8  1730    LIFESTYLE  PRE   H 7    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
220 MA8      NUM    8  1738    LIFESTYLE  PRE   H 8    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
221 MA9      NUM    8  1746    LIFESTYLE  PRE   H 9    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
222 MA10     NUM    8  1754    LIFESTYLE  PRE   H10    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
223 MA11     NUM    8  1762    LIFESTYLE  PRE   H11    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
224 MA12     NUM    8  1770    LIFESTYLE  PRE   H12    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
225 MA13     NUM    8  1778    LIFESTYLE  PRE   H13    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
226 MA14     NUM    8  1786    LIFESTYLE  PRE   H14    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
227 MA15     NUM    8  1794    LIFESTYLE  PRE   H15    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
228 MA16     NUM    8  1802    LIFESTYLE  PRE   H16    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
229 MA17     NUM    8  1810    LIFESTYLE  PRE   H17    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
230 MA18     NUM    8  1818    LIFESTYLE  PRE   H18    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
231 MA19     NUM    8  1826    LIFESTYLE  PRE   H19    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
232 MA20     NUM    8  1834    LIFESTYLE  PRE   H20    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
                                                               3= YES/USUALLY
233 MA21     NUM    8  1842    LIFESTYLE  PRE   H21    1= NO/RARELY
                                                               2= MAYBE/SOMETIMES
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								3= YES/USUALLY
234	MA22	NUM	8	1850	LIFESTYLE	PRE	H22	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
235	MA23	NUM	8	1858	LIFESTYLE	PRE	H23	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
236	MA24	NUM	8	1866	LIFESTYLE	PRE	H24	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
237	MA25	NUM	8	1874	LIFESTYLE	PRE	H25	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
24	MDPRB1	NUM	8	170	LIFESTYLE	PRE	A13A	1= PRESENT 0= ABSENT
25	MDPRB2	NUM	8	178	LIFESTYLE	PRE	A13B	1= PRESENT 0= ABSENT
26	MDPRB3	NUM	8	186	LIFESTYLE	PRE	A13C	1= PRESENT 0= ABSENT
27	MDPRB4	NUM	8	194	LIFESTYLE	PRE	A13D	1= PRESENT 0= ABSENT
28	MDPRB5	NUM	8	202	LIFESTYLE	PRE	A13E	1= PRESENT 0= ABSENT
29	MDPRB6	NUM	8	210	LIFESTYLE	PRE	A13F	1= PRESENT 0= ABSENT
30	MDPRB7	NUM	8	218	LIFESTYLE	PRE	A13G	1= PRESENT 0= ABSENT
31	MDPRB8	NUM	8	226	LIFESTYLE	PRE	A13H	1= PRESENT 0= ABSENT
32	MDPRB9	NUM	8	234	LIFESTYLE	PRE	A13I	1= PRESENT 0= ABSENT
33	MDPRB10	NUM	8	242	LIFESTYLE	PRE	A13J	1= PRESENT 0= ABSENT
34	MDPRB11	NUM	8	250	LIFESTYLE	PRE	A13K	1= PRESENT 0= ABSENT
35	MDPRB12	NUM	8	258	LIFESTYLE	PRE	A13L	1= PRESENT 0= ABSENT
36	MDPRB13	NUM	8	266	LIFESTYLE	PRE	A13M	1= PRESENT 0= ABSENT
37	MDPRB14	NUM	8	274	LIFESTYLE	PRE	A13N	1= PRESENT 0= ABSENT
38	MDPRB15	NUM	8	282	LIFESTYLE	PRE	A13O	1= PRESENT 0= ABSENT
39	MDPRB16	NUM	8	290	LIFESTYLE	PRE	A13P	1= PRESENT 0= ABSENT
40	MDPRB17	NUM	8	298	LIFESTYLE	PRE	A13Q	1= PRESENT 0= ABSENT
43	MTHINC	NUM	8	322	LIFESTYLE	PRE	A16	1= < $400 2= $400 - $800 3= $801 - $1250 4= > $1250
789	NASUM	NUM	8	6272	LIFESTYLE	PRE		DATRAN
173	NA1	NUM	8	1362	LIFESTYLE	PRE	G 1	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY

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174 NA2       NUM    8   1370     LIFESTYLE   PRE   G 2   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
175 NA3       NUM    8   1378     LIFESTYLE   PRE   G 3   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
176 NA4       NUM    8   1386     LIFESTYLE   PRE   G 4   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
177 NA5       NUM    8   1394     LIFESTYLE   PRE   G 5   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
178 NA6       NUM    8   1402     LIFESTYLE   PRE   G 6   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
179 NA7       NUM    8   1410     LIFESTYLE   PRE   G 7   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
180 NA8       NUM    8   1418     LIFESTYLE   PRE   G 8   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
181 NA9       NUM    8   1426     LIFESTYLE   PRE   G 9   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
182 NA10      NUM    8   1434     LIFESTYLE   PRE   G10   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
183 NA11      NUM    8   1442     LIFESTYLE   PRE   G11A  1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
184 NA12      NUM    8   1450     LIFESTYLE   PRE   G11B  1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
185 NA13      NUM    8   1458     LIFESTYLE   PRE   G11C  1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
186 NA14      NUM    8   1466     LIFESTYLE   PRE   G11D  1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
187 NA15      NUM    8   1474     LIFESTYLE   PRE   G11E  1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
188 NA16      NUM    8   1482     LIFESTYLE   PRE   G12   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
189 NA17      NUM    8   1490     LIFESTYLE   PRE   G13   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
190 NA18      NUM    8   1498     LIFESTYLE   PRE   G14   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
191 NA19      NUM    8   1506     LIFESTYLE   PRE   G15   1= NO/RARELY
                                                           2= MAYBE/SOMETIMES
                                                           3= YES/USUALLY
192 NA20      NUM    8   1514     LIFESTYLE   PRE   G16   1= NO/RARELY
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                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
193 NA21      NUM     8   1522     LIFESTYLE   PRE   G17    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
194 NA22      NUM     8   1530     LIFESTYLE   PRE   G18    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
195 NA23      NUM     8   1538     LIFESTYLE   PRE   G19    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
196 NA24      NUM     8   1546     LIFESTYLE   PRE   G20    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
197 NA25      NUM     8   1554     LIFESTYLE   PRE   G21    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
198 NA26      NUM     8   1562     LIFESTYLE   PRE   G22    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
199 NA27      NUM     8   1570     LIFESTYLE   PRE   G23    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
200 NA28      NUM     8   1578     LIFESTYLE   PRE   G24    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
201 NA29      NUM     8   1586     LIFESTYLE   PRE   G25    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
202 NA30      NUM     8   1594     LIFESTYLE   PRE   G26    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
203 NA31      NUM     8   1602     LIFESTYLE   PRE   G27    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
204 NA32      NUM     8   1610     LIFESTYLE   PRE   G28    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
205 NA33      NUM     8   1618     LIFESTYLE   PRE   G29    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
206 NA34      NUM     8   1626     LIFESTYLE   PRE   G30    1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
207 NA35      NUM     8   1634     LIFESTYLE   PRE   G31A   1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
208 NA36      NUM     8   1642     LIFESTYLE   PRE   G31B   1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
209 NA37      NUM     8   1650     LIFESTYLE   PRE   G31C   1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
                                                            3= YES/USUALLY
210 NA38      NUM     8   1658     LIFESTYLE   PRE   G31D   1= NO/RARELY
                                                            2= MAYBE/SOMETIMES
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                                                           3= YES/USUALLY
211 NA39      NUM    8  1666    LIFESTYLE  PRE  G31E  1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
212 NA40      NUM    8  1674    LIFESTYLE  PRE  G32   1= NO/RARELY
                                                      2= MAYBE/SOMETIMES
                                                      3= YES/USUALLY
 41 NOMDS     NUM    8   306    LIFESTYLE  PRE  A14   1= NONE
                                                      2= 1-3 KINDS
                                                      3= 4-5 KINDS
                                                      4= 7-10 KINDS
                                                      5= >10 KINDS
298 NPSM1     NUM    8  2362    NPRESC MD  PRE    1A  1= PRESENT
                                                      0= ABSENT
299 NPSM2     NUM    8  2370    NPRESC MD  PRE    1B  1= PRESENT
                                                      0= ABSENT
300 NPSM3     NUM    8  2378    NPRESC MD  PRE    1C  1= PRESENT
                                                      0= ABSENT
301 NPSM4     NUM    8  2386    NPRESC MD  PRE    2A  1= PRESENT
                                                      0= ABSENT
302 NPSM5     NUM    8  2394    NPRESC MD  PRE    2B  1= PRESENT
                                                      0= ABSENT
303 NPSM6     NUM    8  2402    NPRESC MD  PRE    2C  1= PRESENT
                                                      0= ABSENT
304 NPSM7     NUM    8  2410    NPRESC MD  PRE    3A  1= PRESENT
                                                      0= ABSENT
305 NPSM8     NUM    8  2418    NPRESC MD  PRE    3B  1= PRESENT
                                                      0= ABSENT
306 NPSM9     NUM    8  2426    NPRESC MD  PRE    3C  1= PRESENT
                                                      0= ABSENT
307 NPSM10    NUM    8  2434    NPRESC MD  PRE    4A  1= PRESENT
                                                      0= ABSENT
308 NPSM11    NUM    8  2442    NPRESC MD  PRE    4B  1= PRESENT
                                                      0= ABSENT
309 NPSM12    NUM    8  2450    NPRESC MD  PRE    4C  1= PRESENT
                                                      0= ABSENT
310 NPSM13    NUM    8  2458    NPRESC MD  PRE    5A  1= PRESENT
                                                      0= ABSENT
311 NPSM14    NUM    8  2466    NPRESC MD  PRE    5B  1= PRESENT
                                                      0= ABSENT
312 NPSM15    NUM    8  2474    NPRESC MD  PRE    5C  1= PRESENT
                                                      0= ABSENT
313 NPSM16    NUM    8  2482    NPRESC MD  PRE    6A  1= PRESENT
                                                      0= ABSENT
314 NPSM17    NUM    8  2490    NPRESC MD  PRE    6B  1= PRESENT
                                                      0= ABSENT
315 NPSM18    NUM    8  2498    NPRESC MD  PRE    6C  1= PRESENT
                                                      0= ABSENT
316 NPSM19    NUM    8  2506    NPRESC MD  PRE    7A  1= PRESENT
                                                      0= ABSENT
317 NPSM20    NUM    8  2514    NPRESC MD  PRE    7B  1= PRESENT
                                                      0= ABSENT
318 NPSM21    NUM    8  2522    NPRESC MD  PRE    7C  1= PRESENT
                                                      0= ABSENT
319 NPSM22    NUM    8  2530    NPRESC MD  PRE    8A  1= PRESENT
```

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                                                                        0= ABSENT
320 NPSM23    NUM     8   2538      NPRESC MD   PRE       8B 1= PRESENT
                                                                        0= ABSENT
321 NPSM24    NUM     8   2546      NPRESC MD   PRE       8C 1= PRESENT
                                                                        0= ABSENT
322 NPSM25    NUM     8   2554      NPRESC MD   PRE       9A 1= PRESENT
                                                                        0= ABSENT
323 NPSM26    NUM     8   2562      NPRESC MD   PRE       9B 1= PRESENT
                                                                        0= ABSENT
324 NPSM27    NUM     8   2570      NPRESC MD   PRE       9C 1= PRESENT
                                                                        0= ABSENT
325 NPSM28    NUM     8   2578      NPRESC MD   PRE      10A 1= PRESENT
                                                                        0= ABSENT
326 NPSM29    NUM     8   2586      NPRESC MD   PRE      10B 1= PRESENT
                                                                        0= ABSENT
327 NPSM30    NUM     8   2594      NPRESC MD   PRE      10C 1= PRESENT
                                                                        0= ABSENT
328 NPSM31    NUM     8   2602      NPRESC MD   PRE      11A 1= PRESENT
                                                                        0= ABSENT
329 NPSM32    NUM     8   2610      NPRESC MD   PRE      11B 1= PRESENT
                                                                        0= ABSENT
330 NPSM33    NUM     8   2618      NPRESC MD   PRE      11C 1= PRESENT
                                                                        0= ABSENT
331 NPSM34    NUM     8   2626      NPRESC MD   PRE      12A 1= PRESENT
                                                                        0= ABSENT
332 NPSM35    NUM     8   2634      NPRESC MD   PRE      12B 1= PRESENT
                                                                        0= ABSENT
333 NPSM36    NUM     8   2642      NPRESC MD   PRE      12C 1= PRESENT
                                                                        0= ABSENT
334 NPSM37    NUM     8   2650      NPRESC MD   PRE      13A 1= PRESENT
                                                                        0= ABSENT
335 NPSM38    NUM     8   2658      NPRESC MD   PRE      13B 1= PRESENT
                                                                        0= ABSENT
336 NPSM39    NUM     8   2666      NPRESC MD   PRE      13C 1= PRESENT
                                                                        0= ABSENT
337 NPSM40    NUM     8   2674      NPRESC MD   PRE      14A 1= PRESENT
                                                                        0= ABSENT
338 NPSM41    NUM     8   2682      NPRESC MD   PRE      14B 1= PRESENT
                                                                        0= ABSENT
339 NPSM42    NUM     8   2690      NPRESC MD   PRE      14C 1= PRESENT
                                                                        0= ABSENT
340 NPSM43    NUM     8   2698      NPRESC MD   PRE      15A 1= PRESENT
                                                                        0= ABSENT
341 NPSM44    NUM     8   2706      NPRESC MD   PRE      15B 1= PRESENT
                                                                        0= ABSENT
342 NPSM45    NUM     8   2714      NPRESC MD   PRE      15C 1= PRESENT
                                                                        0= ABSENT
343 NPSM46    NUM     8   2722      NPRESC MD   PRE      16A 1= PRESENT
                                                                        0= ABSENT
344 NPSM47    NUM     8   2730      NPRESC MD   PRE      16B 1= PRESENT
                                                                        0= ABSENT
345 NPSM48    NUM     8   2738      NPRESC MD   PRE      16C 1= PRESENT
                                                                        0= ABSENT
346 NPSM49    NUM     8   2746      NPRESC MD   PRE      17A 1= PRESENT
                                                                        0= ABSENT
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347 NPSM50    NUM    8  2754   NPRESC MD  PRE    17B 1= PRESENT
                                                        0= ABSENT
348 NPSM51    NUM    8  2762   NPRESC MD  PRE    17C 1= PRESENT
                                                        0= ABSENT
349 NPSM52    NUM    8  2770   NPRESC MD  PRE    18A 1= PRESENT
                                                        0= ABSENT
350 NPSM53    NUM    8  2778   NPRESC MD  PRE    18B 1= PRESENT
                                                        0= ABSENT
351 NPSM54    NUM    8  2786   NPRESC MD  PRE    18C 1= PRESENT
                                                        0= ABSENT
352 NPSM55    NUM    8  2794   NPRESC MD  PRE    19A 1= PRESENT
                                                        0= ABSENT
353 NPSM56    NUM    8  2802   NPRESC MD  PRE    19B 1= PRESENT
                                                        0= ABSENT
354 NPSM57    NUM    8  2810   NPRESC MD  PRE    19C 1= PRESENT
                                                        0= ABSENT
355 NPSM58    NUM    8  2818   NPRESC MD  PRE    20A 1= PRESENT
                                                        0= ABSENT
356 NPSM59    NUM    8  2826   NPRESC MD  PRE    20B 1= PRESENT
                                                        0= ABSENT
357 NPSM60    NUM    8  2834   NPRESC MD  PRE    20C 1= PRESENT
                                                        0= ABSENT
 17 NUMHOUS   NUM    8   114   LIFESTYLE  PRE  A 6   0-8= NUMBER OF PEOPLE
                                                        9>= NINE OR MORE PEOPL
781 PFASUM    NUM    8  6208   LIFESTYLE  PRE        DATRAN
123 PFA1      NUM    8   962   LIFESTYLE  PRE  E 1   FREQUENCY
124 PFA2      NUM    8   970   LIFESTYLE  PRE  E 2   FREQUENCY
125 PFA3      NUM    8   978   LIFESTYLE  PRE  E 3A FREQUENCY
126 PFA4      NUM    8   986   LIFESTYLE  PRE  E 3B FREQUENCY
127 PFA5      NUM    8   994   LIFESTYLE  PRE  E 3C FREQUENCY
128 PFA6      NUM    8  1002   LIFESTYLE  PRE  E 3D FREQUENCY
129 PFA7      NUM    8  1010   LIFESTYLE  PRE  E 3E FREQUENCY
130 PFA8      NUM    8  1018   LIFESTYLE  PRE  E 3F FREQUENCY
131 PFA9      NUM    8  1026   LIFESTYLE  PRE  E 3G FREQUENCY
132 PFA10     NUM    8  1034   LIFESTYLE  PRE  E 3H FREQUENCY
133 PFA11     NUM    8  1042   LIFESTYLE  PRE  E 3I FREQUENCY
134 PFA12     NUM    8  1050   LIFESTYLE  PRE  E 3J FREQUENCY
135 PFA13     NUM    8  1058   LIFESTYLE  PRE  E 3K 1= PRESENT
                                                        0= ABSENT
136 PFA14     NUM    8  1066   LIFESTYLE  PRE  E 4A FREQUENCY
137 PFA15     NUM    8  1074   LIFESTYLE  PRE  E 4B FREQUENCY
138 PFA16     NUM    8  1082   LIFESTYLE  PRE  E 4C FREQUENCY
139 PFA17     NUM    8  1090   LIFESTYLE  PRE  E 4D FREQUENCY
140 PFA18     NUM    8  1098   LIFESTYLE  PRE  E 4E 1= PRESENT
                                                        0= ABSENT
141 PFA19     NUM    8  1106   LIFESTYLE  PRE  E 5   1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
142 PFA20     NUM    8  1114   LIFESTYLE  PRE  E 6   1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
143 PFA21     NUM    8  1122   LIFESTYLE  PRE  E 7   1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
144 PFA22     NUM    8  1130   LIFESTYLE  PRE  E 8   1= NO/RARELY
```

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                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
145 PFA23     NUM    8  1138     LIFESTYLE  PRE   E 9  1= NO/RARELY
                                                          2= MAYBE/SOMETIMES
                                                          3= YES/USUALLY
783 PFLSUM    NUM    8  6224     LIFESTYLE  PRE        DATRAN
785 PFPSUM    NUM    8  6240     LIFESTYLE  PRE        DATRAN
380 PLS       NUM    8  3018     PHYS MEAS  PRE     4  PULSE (MIN)
  3 PRPST1    NUM    8     9                PRE        2= PRE ASSESSMENT
238 PS1       NUM    8  1882      PRESC MD  PRE    1A  1= PRESENT
                                                          0= ABSENT
239 PS2       NUM    8  1890      PRESC MD  PRE    1B  1= PRESENT
                                                          0= ABSENT
240 PS3       NUM    8  1898      PRESC MD  PRE    1C  1= PRESENT
                                                          0= ABSENT
241 PS4       NUM    8  1906      PRESC MD  PRE    2A  1= PRESENT
                                                          0= ABSENT
242 PS5       NUM    8  1914      PRESC MD  PRE    2B  1= PRESENT
                                                          0= ABSENT
243 PS6       NUM    8  1922      PRESC MD  PRE    2C  1= PRESENT
                                                          0= ABSENT
244 PS7       NUM    8  1930      PRESC MD  PRE    3A  1= PRESENT
                                                          0= ABSENT
245 PS8       NUM    8  1938      PRESC MD  PRE    3B  1= PRESENT
                                                          0= ABSENT
246 PS9       NUM    8  1946      PRESC MD  PRE    3C  1= PRESENT
                                                          0= ABSENT
247 PS10      NUM    8  1954      PRESC MD  PRE    4A  1= PRESENT
                                                          0= ABSENT
248 PS11      NUM    8  1962      PRESC MD  PRE    4B  1= PRESENT
                                                          0= ABSENT
249 PS12      NUM    8  1970      PRESC MD  PRE    4C  1= PRESENT
                                                          0= ABSENT
250 PS13      NUM    8  1978      PRESC MD  PRE    5A  1= PRESENT
                                                          0= ABSENT
251 PS14      NUM    8  1986      PRESC MD  PRE    5B  1= PRESENT
                                                          0= ABSENT
252 PS15      NUM    8  1994      PRESC MD  PRE    5C  1= PRESENT
                                                          0= ABSENT
253 PS16      NUM    8  2002      PRESC MD  PRE    6A  1= PRESENT
                                                          0= ABSENT
254 PS17      NUM    8  2010      PRESC MD  PRE    6B  1= PRESENT
                                                          0= ABSENT
255 PS18      NUM    8  2018      PRESC MD  PRE    6C  1= PRESENT
                                                          0= ABSENT
256 PS19      NUM    8  2026      PRESC MD  PRE    7A  1= PRESENT
                                                          0= ABSENT
257 PS20      NUM    8  2034      PRESC MD  PRE    7B  1= PRESENT
                                                          0= ABSENT
258 PS21      NUM    8  2042      PRESC MD  PRE    7C  1= PRESENT
                                                          0= ABSENT
259 PS22      NUM    8  2050      PRESC MD  PRE    8A  1= PRESENT
                                                          0= ABSENT
260 PS23      NUM    8  2058      PRESC MD  PRE    8B  1= PRESENT
                                                          0= ABSENT
```

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261 PS24      NUM   8  2066     PRESC MD  PRE    8C 1= PRESENT
                                                    0= ABSENT
262 PS25      NUM   8  2074     PRESC MD  PRE    9A 1= PRESENT
                                                    0= ABSENT
263 PS26      NUM   8  2082     PRESC MD  PRE    9B 1= PRESENT
                                                    0= ABSENT
264 PS27      NUM   8  2090     PRESC MD  PRE    9C 1= PRESENT
                                                    0= ABSENT
265 PS28      NUM   8  2098     PRESC MD  PRE   10A 1= PRESENT
                                                    0= ABSENT
266 PS29      NUM   8  2106     PRESC MD  PRE   10B 1= PRESENT
                                                    0= ABSENT
267 PS30      NUM   8  2114     PRESC MD  PRE   10C 1= PRESENT
                                                    0= ABSENT
268 PS31      NUM   8  2122     PRESC MD  PRE   11A 1= PRESENT
                                                    0= ABSENT
269 PS32      NUM   8  2130     PRESC MD  PRE   11B 1= PRESENT
                                                    0= ABSENT
270 PS33      NUM   8  2138     PRESC MD  PRE   11C 1= PRESENT
                                                    0= ABSENT
271 PS34      NUM   8  2146     PRESC MD  PRE   12A 1= PRESENT
                                                    0= ABSENT
272 PS35      NUM   8  2154     PRESC MD  PRE   12B 1= PRESENT
                                                    0= ABSENT
273 PS36      NUM   8  2162     PRESC MD  PRE   12C 1= PRESENT
                                                    0= ABSENT
274 PS37      NUM   8  2170     PRESC MD  PRE   13A 1= PRESENT
                                                    0= ABSENT
275 PS38      NUM   8  2178     PRESC MD  PRE   13B 1= PRESENT
                                                    0= ABSENT
276 PS39      NUM   8  2186     PRESC MD  PRE   13C 1= PRESENT
                                                    0= ABSENT
277 PS40      NUM   8  2194     PRESC MD  PRE   14A 1= PRESENT
                                                    0= ABSENT
278 PS41      NUM   8  2202     PRESC MD  PRE   14B 1= PRESENT
                                                    0= ABSENT
279 PS42      NUM   8  2210     PRESC MD  PRE   14C 1= PRESENT
                                                    0= ABSENT
280 PS43      NUM   8  2218     PRESC MD  PRE   15A 1= PRESENT
                                                    0= ABSENT
281 PS44      NUM   8  2226     PRESC MD  PRE   15B 1= PRESENT
                                                    0= ABSENT
282 PS45      NUM   8  2234     PRESC MD  PRE   15C 1= PRESENT
                                                    0= ABSENT
283 PS46      NUM   8  2242     PRESC MD  PRE   16A 1= PRESENT
                                                    0= ABSENT
284 PS47      NUM   8  2250     PRESC MD  PRE   16B 1= PRESENT
                                                    0= ABSENT
285 PS48      NUM   8  2258     PRESC MD  PRE   16C 1= PRESENT
                                                    0= ABSENT
286 PS49      NUM   8  2266     PRESC MD  PRE   17A 1= PRESENT
                                                    0= ABSENT
287 PS50      NUM   8  2274     PRESC MD  PRE   17B 1= PRESENT
                                                    0= ABSENT
288 PS51      NUM   8  2282     PRESC MD  PRE   17C 1= PRESENT
```

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                                                             0= ABSENT
289 PS52     NUM    8  2290    PRESC MD   PRE      18A  1= PRESENT
                                                             0= ABSENT
290 PS53     NUM    8  2298    PRESC MD   PRE      18B  1= PRESENT
                                                             0= ABSENT
291 PS54     NUM    8  2306    PRESC MD   PRE      18C  1= PRESENT
                                                             0= ABSENT
292 PS55     NUM    8  2314    PRESC MD   PRE      19A  1= PRESENT
                                                             0= ABSENT
293 PS56     NUM    8  2322    PRESC MD   PRE      19B  1= PRESENT
                                                             0= ABSENT
294 PS57     NUM    8  2330    PRESC MD   PRE      19C  1= PRESENT
                                                             0= ABSENT
295 PS58     NUM    8  2338    PRESC MD   PRE      20A  1= PRESENT
                                                             0= ABSENT
296 PS59     NUM    8  2346    PRESC MD   PRE      20B  1= PRESENT
                                                             0= ABSENT
297 PS60     NUM    8  2354    PRESC MD   PRE      20C  1= PRESENT
                                                             0= ABSENT
777 PYSUM    NUM    8  6176   LIFESTYLE   PRE           DATRAN
 73 PY1      NUM    8   562   LIFESTYLE   PRE    C 1    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 74 PY2      NUM    8   570   LIFESTYLE   PRE    C 2    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 75 PY3      NUM    8   578   LIFESTYLE   PRE    C 3    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 76 PY4      NUM    8   586   LIFESTYLE   PRE    C 4    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 77 PY5      NUM    8   594   LIFESTYLE   PRE    C 5    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 78 PY6      NUM    8   602   LIFESTYLE   PRE    C 6    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 79 PY7      NUM    8   610   LIFESTYLE   PRE    C 7    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 80 PY8      NUM    8   618   LIFESTYLE   PRE    C 8    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 81 PY9      NUM    8   626   LIFESTYLE   PRE    C 9    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 82 PY10     NUM    8   634   LIFESTYLE   PRE    C10    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 83 PY11     NUM    8   642   LIFESTYLE   PRE    C11    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
                                                        3= YES/USUALLY
 84 PY12     NUM    8   650   LIFESTYLE   PRE    C12    1= NO/RARELY
                                                        2= MAYBE/SOMETIMES
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                                                                3= YES/USUALLY
 85 PY13      NUM    8   658     LIFESTYLE   PRE   C13   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 86 PY14      NUM    8   666     LIFESTYLE   PRE   C14   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 87 PY15      NUM    8   674     LIFESTYLE   PRE   C15   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 88 PY16      NUM    8   682     LIFESTYLE   PRE   C16   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 89 PY17      NUM    8   690     LIFESTYLE   PRE   C17   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 90 PY18      NUM    8   698     LIFESTYLE   PRE   C18   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 91 PY19      NUM    8   706     LIFESTYLE   PRE   C19   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 92 PY20      NUM    8   714     LIFESTYLE   PRE   C20   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 93 PY21      NUM    8   722     LIFESTYLE   PRE   C21   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 94 PY22      NUM    8   730     LIFESTYLE   PRE   C22   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 95 PY23      NUM    8   738     LIFESTYLE   PRE   C23   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 96 PY24      NUM    8   746     LIFESTYLE   PRE   C24   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 97 PY25      NUM    8   754     LIFESTYLE   PRE   C25   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 98 PY26      NUM    8   762     LIFESTYLE   PRE   C26   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
 99 PY27      NUM    8   770     LIFESTYLE   PRE   C27   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
100 PY28      NUM    8   778     LIFESTYLE   PRE   C28   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
101 PY29      NUM    8   786     LIFESTYLE   PRE   C29   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
102 PY30      NUM    8   794     LIFESTYLE   PRE   C30   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
```

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  4 RATER1    CHAR    1    17                     PRE          P= PARTICIPANT
                                                                T= TRAINER
                                                                C= CONTROL
787 SASUM     NUM     8  6256      LIFESTYLE      PRE           DATRAN
146 SA1       NUM     8  1146      LIFESTYLE      PRE    H 1    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
147 SA2       NUM     8  1154      LIFESTYLE      PRE    H 2    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
148 SA3       NUM     8  1162      LIFESTYLE      PRE    H 3    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
149 SA4       NUM     8  1170      LIFESTYLE      PRE    H 4    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
150 SA5       NUM     8  1178      LIFESTYLE      PRE    H 5    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
151 SA6       NUM     8  1186      LIFESTYLE      PRE    H 6    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
152 SA7       NUM     8  1194      LIFESTYLE      PRE    H 7    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
153 SA8       NUM     8  1202      LIFESTYLE      PRE    H 8A   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
154 SA9       NUM     8  1210      LIFESTYLE      PRE    H 8B   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
155 SA10      NUM     8  1218      LIFESTYLE      PRE    H 8C   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
156 SA11      NUM     8  1226      LIFESTYLE      PRE    H 8D   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
157 SA12      NUM     8  1234      LIFESTYLE      PRE    H 8E   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
158 SA13      NUM     8  1242      LIFESTYLE      PRE    H 8F   1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
159 SA14      NUM     8  1250      LIFESTYLE      PRE    H 9    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
160 SA15      NUM     8  1258      LIFESTYLE      PRE    H10    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
161 SA16      NUM     8  1266      LIFESTYLE      PRE    H11    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
162 SA17      NUM     8  1274      LIFESTYLE      PRE    H12    1= NO/RARELY
                                                                2= MAYBE/SOMETIMES
                                                                3= YES/USUALLY
```

163	SA18	NUM	8	1282	LIFESTYLE	PRE	H13	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
164	SA19	NUM	8	1290	LIFESTYLE	PRE	H14	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
165	SA20	NUM	8	1298	LIFESTYLE	PRE	H15	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
166	SA21	NUM	8	1306	LIFESTYLE	PRE	H16	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
167	SA22	NUM	8	1314	LIFESTYLE	PRE	H17	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
168	SA23	NUM	8	1322	LIFESTYLE	PRE	H18	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
169	SA24	NUM	8	1330	LIFESTYLE	PRE	H19	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
170	SA25	NUM	8	1338	LIFESTYLE	PRE	H20	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
171	SA26	NUM	8	1346	LIFESTYLE	PRE	H21	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
172	SA27	NUM	8	1354	LIFESTYLE	PRE	H22	1= NO/RARELY 2= MAYBE/SOMETIMES 3= YES/USUALLY
386	SCTHCLS	NUM	8	3066	PHYS MEAS	PRE	8B	1= THROUGH CLOTHES 0= SKIN
7	SEX	NUM	8	34	LIFESTYLE	PRE	A 2	1= MALE 0= FEMALE
2	SITE1	CHAR	3	6		PRE		BC= BARBERTON SENIOR CITIZEN CENTER BG= BARBERTON ALLEN DIXON SENIOR APARTMENTS BQ= NORTHERN SUMMIT COUNTY MULTI-SERVICE CENTER CF= CUYAHOGA FALLS SENIOR CITIZENS GROUP (GRANT CULTURAL CENTER) CO= COPELAND OAKS NE= CENTER FOR OLDER ADULTS TODAY (N.E.O.U.C.O.M.) SK= STOW KENT GARDENS
385	SUBSCP	NUM	8	3058	PHYS MEAS	PRE	8A	SUBSCAPULAR SKINFLOD (MM)
358	SUMRT1	NUM	8	2842	GLOB MEAS	PRE	1	1= EXERCISE TEAM RATING PRESENT

						0= EXERCISE TEAM RATING ABSENT
359	SUMRT2	NUM	8	2850	GLOB MEAS PRE 2	1= NOT FIT PHYSICALLY TO 7= VERY FIT PHYSICALLY
360	SUMRT3	NUM	8	2858	GLOB MEAS PRE 3	1= NUTRITION TEAM RATING PRESENT 0= NUTRITION TEAM RATING ABSENT
361	SUMRT4	NUM	8	2866	GLOB MEAS PRE 4	1= NUTRITION POOR TO 7= NUTRITION GOOD
362	SUMRT5	NUM	8	2874	GLOB MEAS PRE 5	1= PHARMACOLOGY TEAM RATING PRESENT 0= PHARMACOLOGY TEAM RATING ABSENT
363	SUMRT6	NUM	8	2882	GLOB MEAS PRE 6	1= LOW KNOWLEDGE MEDS TO 7= HIGH KNOWLEDGE MEDS
364	SUMRT7	NUM	8	2890	GLOB MEAS PRE 7	1= NOT HEAVILY MEDICATED TO 7= HEAVILY MEDICATED
365	SUMRT8	NUM	8	2898	GLOB MEAS PRE 8	1= POTENTIAL UNDER MED TO 7= POTENTIAL OVER MED.
366	SUMRT9	NUM	8	2906	GLOB MEAS PRE 9	1= DENTAL TEAM RATING PRESENT 0= DENTAL TEAM RATING ABSENT
367	SUMRT10	NUM	8	2914	GLOB MEAS PRE 10	1= WELL INFORMED RE ORAL HEALTH TO 7= POORLY INFORMED RE ORAL HEALTH
368	SUMRT11	NUM	8	2922	GLOB MEAS PRE 11	1= PSYCHOLOGY TEAM RATING PRESENT 0= PSYCHOLOGY TEAM RATING ABSENT
369	SUMRT12	NUM	8	2930	GLOB MEAS PRE 12	1= VERY ILL TO 7= VERY HEALTHY
370	SUMRT13	NUM	8	2938	GLOB MEAS PRE 13	1= VERY LOW DEVELOPMENTAL ACT. TO 7= VERY HIGH DEVELOPMENTAL ACT.
371	SUMRT14	NUM	8	2946	GLOB MEAS PRE 14	1= VERY LOW PSYCHOSOCIAL ACT. TO 7= VERY HIGH PSYCHOSOCIAL ACT.
372	SUMRT15	NUM	8	2954	GLOB MEAS PRE 15	1= NEED HELP/NOT SELF- SUFFICIENT ADL´S TO

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                                                          7= HIGH INDEPENDENCE/
                                                             SELF-SUFFICIENT
                                                             ADL'S
373 SUMRT16   NUM     8  2962     GLOB MEAS  PRE   16     1= POOR AWARENESS OF
                                                             ENVIRONMENT
                                                          TO
                                                          7= GOOD AWARENESS OF
                                                             ENVIRONMENT
374 SUMRT17   NUM     8  2970     GLOB MEAS  PRE   17     1= VERY LOW OVERALL
                                                             QUALITY OF LIFE
                                                          TO
                                                          7= VERY HIGH OVERALL
                                                             QUALITY OF LIFE
 10 SW1       NUM     8    58     LIFESTYLE  PRE   A 5A   1= YES
                                                          0= NO
 11 SW2       NUM     8    66     LIFESTYLE  PRE   A 5B   1= YES
                                                          0= NO
 12 SW3       NUM     8    74     LIFESTYLE  PRE   A 5C   1= YES
                                                          0= NO
 13 SW4       NUM     8    82     LIFESTYLE  PRE   A 5D   1= YES
                                                          0= NO
 14 SW5       NUM     8    90     LIFESTYLE  PRE   A 5E   1= YES
                                                          0= NO
 15 SW6       NUM     8    98     LIFESTYLE  PRE   A 5F   1= YES
                                                          0= NO
 16 SW7       NUM     8   106     LIFESTYLE  PRE   A 5G   1= PRESENT
                                                          0= ABSENT
 22 THLTHP    NUM     8   154     LIFESTYLE  PRE   A11    1= YES
                                                          0= NO
 18 THOUS     NUM     8   122     LIFESTYLE  PRE   A 7    1= APARTMENT
                                                          2= RETIRMENT HOME
                                                          3= LIVING RELATIVES
                                                          4= SENIOR HIGH-RISE
                                                          5= HOME
                                                          6= OTHER
383 TRIC      NUM     8  3042     PHYS MEAS  PRE   7A     TRICEPS SKINFOLD (MM)
384 TRTHCLS   NUM     8  3050     PHYS MEAS  PRE   7B     1= THROUGH CLOTHES
                                                          0= SKIN
375 WT        NUM     8  2978     PHYS MEAS  PRE   1      WEIGHT (LBS.)
                                              LIFESTYLE          PRE
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B.2 SAS Input Job Stream

```
//THE UNIVERSITY OF AKRON JOB CARD
/*JOBPARM SKIP=YES,LINES=99
// EXEC SAS,REGION=4500K,WORK=´100,20´
OPTIONS LINESIZE=128;
DATA WELELD;
     INPUT #1 CASNO1 $ 1-2 SITE1 $ 3-5 PRPST1 6 RATER1 $ 7 cards 8-9
              age 10-11 sex 12 marst 13 hlng 14-15 (sw1-sw7) (7*1.0)
              numhous 23 thous 24 chres 25 ed 26 health 27 thlthp 28
              disab 29 (mdprb1-mdprb17) (17*1.0) nomds 47 curinc 48
              mthinc 49 benfts 50 (lvis1-lvis7) (7*1.0) comm 58
           #2 da1 10 (da2-da20) (19*1.0) (py1-py30) (30*1.0)
           #3 adl1 10 (adl2-adl20) (19*1.0) (pfa1-pfa23) (23*1.0)
           #4 sa1 10 (sa2-sa27) (26*1.0) (na1-na34) (34*1.0)
           #5 na35 10 (na36-na40) (5*1.0) (ma1-ma25) (25*1.0)
              (ps1-ps30) (30*1.0)
           #6 ps31 10 (ps32-ps60) (29*1.0) (npsm1-npsm27) (27*1.0)
           #7 npsm28 10 (npsm29-npsm60) (32*1.0) (sumrt1-sumrt17) (17*1.0)
           #8 wt 10-12 ft 13 in 14-15 bpn 16-18 bpd 19-21 pls 22-24
              marmc 25-29 kneh 30-34 tric 35-36 trthcls 37 subscp 38-39
              scthcls 40
           #9 bCASNO1 $ 1-2 bSITE1 $ 3-5 bPRPST1 6 bRATER1 $ 7 bcards 8-9
              bage 10-11 bsex 12 bmarst 13 bhlng 14-15 (bsw1-bsw7) (7*1.0)
              bnumhous 23 bthous 24 bchres 25 bed 26 bhealth 27 bthlthp 28
              bdisab 29 (bmdprb1-bmdprb17) (17*1.0) bnomds 47 bcurinc 48
              bmthinc 49 bbenfts 50 (blvis1-blvis7) (7*1.0) bcomm 58
          #10 bda1 10 (bda2-bda20) (19*1.0) (bpy1-bpy30) (30*1.0)
          #11 badl1 10 (badl2-badl20) (19*1.0) (bpfa1-bpfa23) (23*1.0)
          #12 bsa1 10 (bsa2-bsa27) (26*1.0) (bna1-bna34) (34*1.0)
          #13 bna35 10 (bna36-bna40) (5*1.0) (bma1-bma25) (25*1.0)
              (bps1-bps30) (30*1.0)
          #14 bps31 10 (bps32-bps60) (29*1.0) (bnpsm1-bnpsm27) (27*1.0)
          #15 bnpsm28 10 (bnpsm29-bnpsm60) (32*1.0)
              (bsumrt1-bsumrt17) (17*1.0)
          #16 bwt 10-12 bft 13 bin 14-15 bbpn 16-18 bbpd 19-21 bpls 22-24
              bmarmc 25-29 bkneh 30-34 btric 35-36
              btrthcls 37 bsubscp 38-39
              bscthcls 40;
   /**********DISCARD OBSERVATIONS CLEAN-UP**********/;
if CASNO1=´17´ and SITE1=´NE´ and PRPST1=1 and RATER1=´T´ then delete;
   /**********DATA-OUT OF RANGE CLEAN-UP**********/;
if thous=0 then thous=.;
if disab=3 then disab=.;
if mthinc=5 then mthinc=.;
if da18=2 then da18=.;
if adl11=4 then adl11=.;
if pfa1=3 then pfa1=.;
if pfa2=3 then pfa2=.;
if pfa10=3 then pfa10=.;
if pfa13=3 then pfa13=.;
if pfa17=5 then pfa17=.;
if pfa18=3 then pfa18=.;
if pfa19=0 then pfa19=.;
if na17=0 then na17=.;
if na18=0 then na18=.;
if na36=0 then na36=.;
if na37=0 then na37=.;
if na38=0 then na38=.;
if ma22=0 then ma22=.;
if ma23=0 then ma23=.;
if ma24=0 then ma24=.;
if ma25=0 then ma25=.;
if sumrt1=0 then sumrt1=.;
if wt=11 then wt=.;
if bpn=313 then bpn=.;
if bpd=6 then bpd=.;
if pls=409 then pls=.;
if marmc=209.5 then marmc=.;
if bage=10 then bage=.;
if bsex=4 then bsex=.;
if bmarst=0 then bmarst=.;
if bthous=0 then bthous=.;
if bchres=6 then bchres=.;
if bhealth=0 then bhealth=.;
if bmdprb17=2 then bmdprb17=.;
if bmthinc=5 then bmthinc=.;
if bda1=0 then bda1=.;
if badl11=4 then badl11=.;
if bpfa1=3 then bpfa1=.;
if bma23=0 then bma23=.;
if bma24=0 then bma24=.;
if bma25=0 then bma25=.;
if bnpsm28=5 then bnpsm28=.;
if bsumrt3=3 then bsumrt3=.;
if bsumrt9=4 then bsumrt9=.;
if bsumrt11=3 then bsumrt11=.;
if (bwt=6 or bwt=15) then bwt=.;
if bbpn=313 then bbpn=.;
if bbpd=608 then bbpd=.;
if bpls=405 then bpls=.;
if bmarmc=412.5 then bmarmc=.;
if btrthcls=4 then btrthcls=.;
if bscthcls=5 then bscthcls=.;
   /**********RAW DATA CONVERSIONS**********/;
hth=((12*ft)+in)/12;
bhth=((12*bft)+bin)/12;
   /**********DEVELOPMENTAL ACTIVITIES SUMMARY SCORE**********/;
if da18=1 then da19=0;
if da19=3 then da19=0;
   else if da19=1 then da19=3;
dasum=da1+da2+da3+da4+da5+da6+da7+da8+da9+da10+
      da11+da12+da13+da14+da15+da16+da17-da19+da20;
if bda18=1 then bda19=0;
if bda19=3 then bda19=0;
   else if bda19=1 then bda19=3;
bdasum=bda1+bda2+bda3+bda4+bda5+bda6+bda7+bda8+bda9+bda10+
       bda11+bda12+bda13+bda14+bda15+bda16+bda17-bda19+bda20;
   /**********PSYCHOSOCIAL ACTIVITIES SUMMARY SCORE**********/;
pysum=py1+py2+py3+py4+py5+
         py6+py7+py8+py9-py10-
         py11-py12+py13-py14-py15-
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        py16+py17+py18-py19+py20+
        py21+py22+py23-py24-py25-
        py26-py27+py28+py29+py30;
bpysum=bpy1+bpy2+bpy3+bpy4+bpy5+
        bpy6+bpy7+bpy8+bpy9-bpy10-
        bpy11-bpy12+bpy13-bpy14-bpy15-
        bpy16+bpy17+bpy18-bpy19+bpy20+
        bpy21+bpy22+bpy23-bpy24-bpy25-
        bpy26-bpy27+bpy28+bpy29+bpy30;
   /**********ACTIVITIES OF DAILY LIVING SUMMARY SCORE**********/;
adlsum=adl1+adl2+adl3+adl4+adl5+adl6-adl7+adl8-adl9+adl10+
      adl11+adl12+adl13+adl14+adl15+adl16+adl17+adl18+
      adl19+adl20;
badlsum=badl1+badl2+badl3+badl4+badl5+badl6-badl7+badl8-badl9+badl10+
       badl11+badl12+badl13+badl14+badl15+badl16+badl17+badl18+
       badl19+badl20;
   /**********PHYSICAL FITNESS ACTIVITIES SUMMARY SCORE**********/;
pfasum=pfa1+pfa2+pfa3+pfa4+pfa5+pfa6+pfa7+pfa8+pfa9+pfa10+
       pfa11+pfa12+pfa13+pfa23;
bpfasum=bpfa1+bpfa2+bpfa3+bpfa4+bpfa5+bpfa6+bpfa7+bpfa8+bpfa9+bpfa10+
        bpfa11+bpfa12+bpfa13+bpfa23;
   /**********PHYSICAL FITNESS LEISURE SUMMARY SCORE**********/;
pflsum=pfa14+pfa15+pfa16+pfa17+pfa18;
bpflsum=bpfa14+bpfa15+bpfa16+bpfa17+bpfa18;
   /**********PHYSICAL FITNESS PERCEPTION SUMMARY SCORE**********/;
pfpsum=pfa19+pfa20+pfa21+pfa22;
bpfpsum=bpfa19+bpfa20+bpfa21+bpfa22;
   /**********SAFETY ACTIVITIES SUMMARY SCORE**********/;
sasum=sa1+sa2+sa3+sa4+sa5+sa6+sa7+sa8+sa9+sa10+
       sa11+sa12+sa13+sa14+sa15+sa16+sa17+sa18+sa19+sa20+
       sa21+sa22+sa23+sa24+sa26+sa27;
bsasum=bsa1+bsa2+bsa3+bsa4+bsa5+bsa6+bsa7+bsa8+bsa9+bsa10+
        bsa11+bsa12+bsa13+bsa14+bsa15+bsa16+bsa17+bsa18+bsa19+bsa20+
        bsa21+bsa22+bsa23+bsa24+bsa26+bsa27;
   /**********NUTRITIONAL ACTIVITIES SUMMARY SCORE**********/;
nasum=na1+na2+na3+na4+na5-na6+na7+na8-na9-na10-
     na11-na12-na13-na14-na15+na16+na17+na18+na19+na20+
     na21-na22+na23+na24-na25+na26+na27+na28+na29+na30+
     na31+na32-na33-na34+na40;
bnasum=bna1+bna2+bna3+bna4+bna5-bna6+bna7+bna8-bna9-bna10-
      bna11-bna12-bna13-bna14-bna15+bna16+bna17+bna18+bna19+bna20+
      bna21-bna22+bna23+bna24-bna25+bna26+bna27+bna28+bna29+bna30+
      bna31+bna32-bna33-bna34+bna40;
   /**********MEDICATION ACTIVITIES SUMMARY SCORE**********/;
masum=ma1+ma2+ma3+ma4+ma5+ma6+ma7+ma8+ma9+ma10+
       ma11+ma12+ma13+ma14+ma15+ma16+ma17-ma18-ma19-ma20+
       ma21+ma22+ma23+ma24;
bmasum=bma1+bma2+bma3+bma4+bma5+bma6+bma7+bma8+bma9+bma10+
        bma11+bma12+bma13+bma14+bma15+bma16+bma17-bma18-bma19-bma20+
        bma21+bma22+bma23+bma24;
   /**********CONTROL EXPERIMENTAL GAIN SCORE CREATION**********/;
exp1=0;
if (rater1=´P´ or rater1=´T´) then exp1=1;
cnt1=0;
   /*****DEVELOPMENTAL ACTIVITY GAIN SCORES*****/;
   /***********/;
gda1=bda1-da1;
   /***********/;
gda2=bda2-da2;
   /***********/;
gda3=bda3-da3;
   /***********/;
gda4=bda4-da4;
   /***********/;
gda5=bda5-da5;
   /***********/;
gda6=bda6-da6;
   /***********/;
gda7=bda7-da7;
   /***********/;
gda8=bda8-da8;
   /***********/;
gda9=bda9-da9;
   /***********/;
gda10=bda10-da10;
   /***********/;
gda11=bda11-da11;
   /***********/;
gda12=bda12-da12;
   /***********/;
gda13=bda13-da13;
   /***********/;
gda14=bda14-da14;
   /***********/;
gda15=bda15-da15;
   /***********/;
gda16=bda16-da16;
   /***********/;
gda17=bda17-da17;
   /***********/;
gda19=bda19-da19;
   /***********/;
gda20=bda20-da20;
   /***********/;
gdasum=bdasum-dasum;
   /***********/;
   /*****PSYCOSOCIAL ACTIVITIES GAIN SCORES *****/;
   /***********/;
gpy1=bpy1-py1;
   /***********/;
gpy2=bpy2-py2;
   /***********/;
gpy3=bpy3-py3;
   /***********/;
gpy4=bpy4-py4;
   /***********/;
gpy5=bpy5-py5;
   /***********/;
gpy6=bpy6-py6;
   /***********/;
```

```
gpy7=bpy7-py7;
   /***********/;
gpy8=bpy8-py8;
   /***********/;
gpy9=bpy9-py9;
   /***********/;
gpy10=bpy10-py10;
   /***********/;
gpy11=bpy11-py11;
   /***********/;
gpy12=bpy12-py12;
   /***********/;
gpy13=bpy13-py13;
   /***********/;
gpy14=bpy14-py14;
   /***********/;
gpy15=bpy15-py15;
   /***********/;
gpy16=bpy16-py16;
   /***********/;
gpy17=bpy17-py17;
   /***********/;
gpy18=bpy18-py18;
   /***********/;
gpy19=bpy19-py19;
   /***********/;
gpy20=bpy20-py20;
   /***********/;
gpy21=bpy21-py21;
   /***********/;
gpy22=bpy22-py22;
   /***********/;
gpy23=bpy23-py23;
   /***********/;
gpy24=bpy24-py24;
   /***********/;
gpy25=bpy25-py25;
   /***********/;
gpy26=bpy26-py26;
   /***********/;
gpy27=bpy27-py27;
   /***********/;
gpy28=bpy28-py28;
   /***********/;
gpy29=bpy29-py29;
   /***********/;
gpy30=bpy30-py30;
   /***********/;
gpysum=bpysum-pysum;
   /***********/;
   /*****ACTIVITIES OF DAILY LIVING GAIN SCORES*****/;
   /***********/;
gadl1=badl1-adl1;
   /***********/;
gadl2=badl2-adl2;
```

```
   /************/;
gadl3=badl3-adl3;
   /************/;
gadl4=badl4-adl4;
   /************/;
gadl5=badl5-adl5;
   /************/;
gadl6=badl6-adl6;
   /************/;
gadl7=badl7-adl7;
   /************/;
gadl8=badl8-adl8;
   /************/;
gadl9=badl9-adl9;
   /************/;
gadl10=badl10-adl10;
   /************/;
gadl11=badl11-adl11;
   /************/;
gadl12=badl12-adl12;
   /************/;
gadl13=badl13-adl13;
   /************/;
gadl14=badl14-adl14;
   /************/;
gadl15=badl15-adl15;
   /************/;
gadl16=badl16-adl16;
   /************/;
gadl17=badl17-adl17;
   /************/;
gadl18=badl18-adl18;
   /************/;
gadl19=badl19-adl19;
   /************/;
gadl20=badl20-adl20;
   /************/;
gadlsum=badlsum-adlsum;
   /************/;
   /*****PHYSICAL FITNESS ACTIVITIES GAIN SCORES*****/;
   /************/;
gpfa1=bpfa1-pfa1;
   /************/;
gpfa2=bpfa2-pfa2;
   /************/;
gpfa3=bpfa3-pfa3;
   /************/;
gpfa4=bpfa4-pfa4;
   /************/;
gpfa5=bpfa5-pfa5;
   /************/;
gpfa6=bpfa6-pfa6;
   /************/;
gpfa7=bpfa7-pfa7;
   /************/;
```

```
gpfa8=bpfa8-pfa8;
    /************/;
gpfa9=bpfa9-pfa9;
    /************/;
gpfa10=bpfa10-pfa10;
    /************/;
gpfa11=bpfa11-pfa11;
    /************/;
gpfa12=bpfa12-pfa12;
    /************/;
gpfa13=bpfa13-pfa13;
    /************/;
gpfasum=bpfasum-pfasum;
    /************/;
    /*****PHYSICAL FITNESS LEISURE GAIN SCORES*****/;
    /************/;
gpfa14=bpfa14-pfa14;
    /************/;
gpfa15=bpfa15-pfa15;
    /************/;
gpfa16=bpfa16-pfa17;
    /************/;
gpfa17=bpfa17-pfa17;
    /************/;
gpfa18=bpfa18-pfa18;
    /************/;
gpflsum=bpflsum-pflsum;
    /************/;
    /*****PHYSICAL FITNESS PERCEPTION GAIN SCORES*****/;
    /************/;
gpfa19=bpfa19-pfa19;
    /************/;
gpfa20=bpfa20-pfa20;
    /************/;
gpfa21=bpfa21-pfa21;
    /************/;
gpfa22=bpfa22-pfa22;
    /************/;
gpfpsum=bpfpsum-pfpsum;
    /************/;
    /*****SAFETY ACTIVITIES GAIN SCORES*****/;
    /************/;
gsa1=bsa1-sa1;
    /************/;
gsa2=bsa2-sa2;
    /************/;
gsa3=bsa3-sa3;
    /************/;
gsa4=bsa4-sa4;
    /************/;
gsa5=bsa5-sa5;
    /************/;
gsa6=bsa6-sa6;
    /************/;
gsa7=bsa7-sa7;
```

```
   /************/;
gsa8=bsa8-sa8;
   /************/;
gsa9=bsa9-sa9;
   /************/;
gsa10=bsa10-sa10;
   /************/;
gsa11=bsa11-sa11;
   /************/;
gsa12=bsa12-sa12;
   /************/;
gsa13=bsa13-sa13;
   /************/;
gsa14=bsa14-gsa14;
   /************/;
gsa15=bsa15-sa15;
   /************/;
gsa16=bsa16-sa16;
   /************/;
gsa17=bsa17-sa17;
   /************/;
gsa18=bsa18-sa18;
   /************/;
gsa19=bsa19-sa19;
   /************/;
gsa20=bsa20-sa20;
   /************/;
gsa21=bsa21-sa21;
   /************/;
gsa22=bsa22-sa22;
   /************/;
gsa23=bsa23-sa23;
   /************/;
gsa24=bsa24-sa24;
   /************/;
gsa26=bsa26-sa26;
   /************/;
gsa27=bsa27-sa27;
   /************/;
gsasum=bsasum-sasum;
   /************/;
   /*****NUTRITIONAL ACTIVITIES GAIN SCORES*****/;
   /************/;
gna1=bna1-na1;
   /************/;
gna2=bna2-na2;
   /************/;
gna3=bna3-na3;
   /************/;
gna4=bna4-na4;
   /************/;
gna5=bna5-na5;
   /************/;
gna6=bna6-na6;
   /************/;
```

```
gna7=bna7-na7;
   /***********/;
gna8=bna8-na8;
   /***********/;
gna9=bna9-na9;
   /***********/;
gna10=bna10-na10;
   /***********/;
gna11=bna11-na11;
   /***********/;
gna12=bna12-na12;
   /***********/;
gna13=bna13-na13;
   /***********/;
gna14=bna14-na14;
   /***********/;
gna15=bna15-na15;
   /***********/;
gna16=bna16-na16;
   /***********/;
gna17=bna17-na17;
   /***********/;
gna18=bna18-na18;
   /***********/;
gna19=bna19-na19;
   /***********/;
gna20=bna20-na20;
   /***********/;
gna21=bna21-na21;
   /***********/;
gna22=bna22-na22;
   /***********/;
gna23=bna23-na23;
   /***********/;
gna24=bna24-na24;
   /***********/;
gna25=bna25-na25;
   /***********/;
gna26=bna26-na26;
   /***********/;
gna27=bna27-na27;
   /***********/;
gna28=bna28-na28;
   /***********/;
gna29=bna29-na29;
   /***********/;
gna31=bna31-na31;
   /***********/;
gna32=bna32-na32;
   /***********/;
gna33=bna33-na33;
   /***********/;
gna34=bna34-na34;
   /***********/;
gna40=bna40-na40;
```

```
   /***********/;
gnasum=bnasum-nasum;
   /***********/;
   /*****MEDICAL ACTIVITIES GAIN SOCORE*****/;
   /***********/;
gma1=bma1-ma1;
   /***********/;
gma2=bma2-ma2;
   /***********/;
gma3=bma3-ma3;
   /***********/;
gma4=bma4-ma4;
   /***********/;
gma5=bma5-ma5;
   /***********/;
gma6=bma6-ma6;
   /***********/;
gma7=bma7-ma7;
   /***********/;
gma8=bma8-ma8;
   /***********/;
gma9=bma9-ma9;
   /***********/;
gma10=bma10-ma10;
   /***********/;
gma11=bma11-ma11;
   /***********/;
gma12=bma12-ma12;
   /***********/;
gma13=bma13-ma13;
   /***********/;
gma14=bma14-ma14;
   /***********/;
gma15=bma15-ma15;
   /***********/;
gma16=bma16-ma16;
   /***********/;
gma17=bma17-ma17;
   /***********/;
gma18=bma18-ma18;
   /***********/;
gma19=bma19-ma19;
   /***********/;
gma20=bma20-ma20;
   /***********/;
gma21=bma21-ma21;
   /***********/;
gma22=bma22-ma22;
   /***********/;
gma23=bma23-ma23;
   /***********/;
gma24=bma24-ma24;
   /***********/;
gmasum=bmasum-masum;
   /***********/;
```

```
;
cards;
A0 BC1C 166014210000001503300000000000000000001234210001101
A0 BC1C 23333333333333232321 32333223 3222322133233321131332
A0 BC1C 3333333223 332111333311000111101101110131322
A0 BC1C 433231331111123333333333311  3123212311112113323331331333323311
A0 BC1C 5  3 23333333333333333331111333310000000000000000000000011000000
A0 BC1C 600000000000000000000000000000000000111001000000000000000100
A0 BC1C 700000001001001001000000100000000
A0 BC1C 813250413507807810.5015.50240161
A0 BC2C 966014210000002506300000000000000000001334211101100
A0 BC2C103333333333333223333 133333333321222211332333211313 2
A0 BC2C113333 3213 232122333311000111101101110132332
A0 BC2C12333333311111233333333331 1  22332222 111111 323332331333323311
A0 BC2C133 3  3333333333333233311113333100000000000000000000000000000000
A0 BC2C1400000000000000000000000000000000000011100000000000000000011
A0 BC2C15000000010010000001001000000000000121616241315555 5
A0 BC2C1613750411806606611.0018.00141181
A0 BG1C 176115510000000150320 00000000000010000023  00000000
A0 BG1C 2333332 22222 3333                 22223322       3
A0 BG1C 33 21     3  3   333 000000000000000000003333
A0 BG1C 43 3 332332   333333333       3   3               33
A0 BG1C 5                            000000000000000000000000000000
A0 BG1C 6000000000000000000000000000000000000000000000000000000000000
A0 BG1C 700000000000000000000000000000000000
A0 BG1C 820650813006407814.0017.50320240
A0 BG2C 9
A0 BG2C10
A0 BG2C11
A0 BG2C12
A0 BG2C13
A0 BG2C14
A0 BG2C15
A0 BG2C16
A0 BQ1C 165014610000001503   00000000000000000333201100001
A0 BQ1C 2 3 23333332233322  231 3233  212122132233121211323
A0 BQ1C 33333 3211 1131      01000111001101110133332
A0 BQ1C 4232313211111123 333311111  2123233211      3322331211333322221
A0 BQ1C 53                  3  111      000000000000000000000010000000
A0 BQ1C 6000000000000000000000000000000001001000000000000000000010
A0 BQ1C 70110000111010000000000000000000
A0 BQ1C 813350013408208411.0017.00240261
A0 BQ2C 96711461000000150230010000000100000000233210000001
A0 BQ2C10333332332223332321 3322233332111312122333232211233
A0 BQ2C11212133121331 11333320100010100001110113233 3
A0 BQ2C1213311333111113333333331111333223233211131133223311331132222131
A0 BQ2C1331111113323233333323321322233210000000000000000011100000000000
A0 BQ2C14000000000000000000000000000001001010000000000000000000000111
A0 BQ2C1510100000000110000000000000000000000012  153415
A0 BQ2C1613550012809407611.5015.50340290
A1 BC1C 16902100010000 5023000000000000000100000222200001000
A1 BC1C 2333333333333333131   333133311111111333333   3 333
A1 BC1C 3333 33131   31311333010001100000011000313 3
A1 BC1C 4331 33311111133333333333133333333313 1113 1333311133313331313
A1 BC1C 53    333333333333333333331113133 0000000110000000000000000000000
```

```
Al BC1C 60000000000000000000000000000000000000000000000000000000000000
Al BC1C 700000000000000000000000000000000
Al BC1C 816350214008008414.0016.00220281
Al BC2C 9
Al BC2C10
Al BC2C11
Al BC2C12
Al BC2C13
Al BC2C14
Al BC2C15
Al BC2C16
Al BG1C 1711131100000025023100010000000000000002342111101100
Al BG1C 2333313333333333331 3311133333311131123323333311111333
Al BG1C 333331313133313333331110001000000011101033333
Al BG1C 43333133    3 33 333   33   3333313113      3 33311331333333111
Al BG1C 53      3333133333133333113  3 1100000000000000000000000000
Al BG1C 60000000000000000000000000000000000000000000000000000000000010
Al BG1C 700000000001000000000000000000000
Al BG1C 818260312406606612.0018.00080120
Al BG2C 9711135100000015023100010000000000000003345111111100
Al BG2C1033333333333133333331 33223333331113111331333331121333
Al BG2C113333 313133333333323110000000010101011 33333
Al BG2C123313133        33 333313311  33333131213     33333311313333333311
Al BG2C1333     133333333331333331111 31 1100000000000000000000000000
Al BG2C1400000011000000000000000000000000000000011100000000000000000
Al BG2C15000000000010000000000000000000000014161544  15655 6
Al BG2C161896001380720601 2.0021.00111111
Al BQ1C 167014210000002503211100000000100010000232 11111110
Al BQ1C 23332333333323332333333333333233333111332333332111333
Al BQ1C 333331322343331313333010001100001000100 33333
Al BQ1C 4333333311111333333333311113333332331111211311311233133333 2331
Al BQ1C 53      333333333333323333111333310000000000000000011100000000000
Al BQ1C 61110000000000000000000000000001000000000000000000000000000000
Al BQ1C 700000000001100000000000000000000
Al BQ1C 816250613808208810.5019.50281151
Al BQ2C 9670143100000015063101000000000000100012322111111 10
Al BQ2C103333333333332333331 333333333311231113313333 1311333
Al BQ2C113333 1131433311133230100611100010111003333 2
Al BQ2C1233333332211123333333331111113332233313113113113113331333332 1
Al BQ2C1313111333333333333333333111333310000000000000000011100000000000
Al BQ2C1411100000000000000000000000000010000000000000000000000000000000
Al BQ2C1500000000010000000000000000000010012       13
Al BQ2C1616350613007406812.0016.00271201
Al C01P 180028010000000205311100000001000000000 33211101010
Al C01P 2233333332322 232321 2 2231 33211  12133222321111222
Al C01P 33333 32213333333133221100010010010111 0133113
Al C01P 433113333 3  3 3 333331313  333331311111111123111331233323331
Al C01P 5  3  313333 133311333311111123100000000000000000000000000000
Al C01P 60000000000000000000000000000000010000000010000000000000
Al C01P 70000000000100000000000000000000014141144
Al C01P 814950216607406612.5017.00250200
Al C02P 98002801000000 205301100010010000010002225111111010
Al C02P1023233232332223333 1 211231 33211121212322332121 1222
Al C02P113333 321 233 1  33221100000010010011013 3222
Al C02P12331333332111 2    333331313  33333131111111 1123111131233323321
```

```
A1 CO2P13  3   33332 233323333221113113 000000000000000000000000000000
A1 CO2P14000000000000000000000000000000000000000000000000000000000
A1 CO2P150000000000000000000000000000000000011161111314445 4
A1 CO2P1613950314207007211.2517.50300280
A2 BC1C 1720150001001121 130010000000000100000121500101000
A2 BC1C 23333333333333333 3 3333 1 333113 33333331113331333
A2 BC1C 33333331314333333333311101110000101100131333
A2 BC1C 433331333333331  33333333333333131331113333313313131333333333
A2 BC1C 533   33333333 1 33333333113333 000000011000000000000000000000
A2 BC1C 6000000000000000000000000000000000000000100000000000000000
A2 BC1C 7000000000000011000000000100000000
A2 BC1C 820050716409008413.0018.00240261
A2 BC2C 97201420010000210120000000000000100000222500001000
A2 BC2C10333333232222233221 2332211332212222133233221111333
A2 BC2C11333 33133 321122222211000010000111100031333
A2 BC2C12222333311111112 3233331232333333233111111 112322121121232332
A2 BC2C13     3333333332323333332113123100000000110000000000000000000
A2 BC2C14000000000000000000000000000000000000000000000000000000000
A2 BC2C150000000000000100000000100100000000  13144214
A2 BC2C1619950816809806713.0020.50200170
A2 BG1C 1      1100000430230 00000000000000000132200000000
A2 BG1C 2333333333332 33331 333321 3 3111 11113 111 111 333
A2 BG1C 33333 313143333 333330100011000010111003 322
A2 BG1C 42332133333333 3  3333 133  3333323311111112123112
A2 BG1C 5                               000000000000000000000000000000
A2 BG1C 6000000000000000000000000000000000000000000000000000000000
A2 BG1C 70000000001000000000000000000000000
A2 BG1C 814050213807207211.5017.00180161
A2 BG2C 96904101000000330230000000000000000000132501110001
A2 BG2C10333233233332131231 233321 2331112212322332111 1323
A2 BG2C1133333312143332 3333301000010000011100131332
A2 BG2C123331333       3 22331111 112233222211111111222112313333322231
A2 BG2C132      3333113313131333111 31   000000000000000000000000000000
A2 BG2C14000000000000000000000000000000000000000000000000000000000
A2 BG2C15000000000010000000000000000000000013141444  16666 6
A2 BG2C1614250213906306410.5018.50301151
A2 BQ1C 17104021110000050231100100000000100000232211101100
A2 BQ1C 233333323333233333313322211333222323233333332231233
A2 BQ1C 33333331214332121333310010110010001110032333
A2 BQ1C 4332 1332111133 333333311111333331 333111313 331113 3133333311
A2 BQ1C 5111113333311331331113313  33321010000010000000000000000000000
A2 BQ1C 6000000000000000000000000000100000000000000000000000000000
A2 BQ1C 7000000000000100000000000000000000
A2 BQ1C 817740714406806013.0022.00250151
A2 BQ2C 9
A2 BQ2C10
A2 BQ2C11
A2 BQ2C12
A2 BQ2C13
A2 BQ2C14
A2 BQ2C15
A2 BQ2C16
A2 CO1P 177014200100002 1440000000000000000000234 11101100
A2 CO1P 2333333333333333231 333332213311131123323333111133
A2 CO1P 33333 3121423111133 301000010000001110131333
```

```
A2 CO1P 433 3333      33 333313111  3333313311    3 33  33 13333233
A2 CO1P 5  3 2               3          00000000000000000000000000000
A2 CO1P 600000000000000000000000000000000000000000000000000000000
A2 CO1P 70000000000000000000000000000000012141144
A2 CO1P 811550016208407211.0017.00210151
A2 CO2P 9770143001000015044000000000000000000 32 11001000
A2 CO2P103333333 3333333331 3332323132111311133233331111333
A2 CO2P11333333121423111133 301000010000101110131332
A2 CO2P12332333311111133 333313111  3333313311    31331123 1333333311
A2 CO2P13333 3               3          00000000000000000000000000000
A2 CO2P1400000000000000000000000000000000000000000000000000000000
A2 CO2P150000000000000000000000000000000016  1444161664  6
A2 CO2P1610650013606808411.0016.00200200
A3 BC1C 180042700000001601211100001100001011014 2510111101
A3 BC1C 2332131233333123331132332113313331331331321133331 1
A3 BC1C 33331 31314 21111333200000010000001110131311
A3 BC1C 43333133333331 3 3333331 313  131333313 33130033 1113311133111
A3 BC1C 5     1333333333313333333113131111000111111111111000000000000
A3 BC1C 600000000000000000000000000000000000000000000000000000110
A3 BC1C 7000000000111000000000011000000011
A3 BC1C 814250213006206814.5016.00101151
A3 BC2C 9
A3 BC2C10
A3 BC2C11
A3 BC2C12
A3 BC2C13
A3 BC2C14
A3 BC2C15
A3 BC2C16
A3 BG1C 16611451000000150230 0000000000000000233211111000
A3 BG1C 23333333333333333333333333333111322133233312231333
A3 BG1C 33333 3111 33333333331100000000001010103333 3
A3 BG1C 43333132 3    333333333131  3133313  111  113311111113333233
A3 BG1C 53    3333333333333 33331113 33 01000000000000000000000000000
A3 BG1C 600000000000000000000000000000000000000000000000000000000
A3 BG1C 7000000000100000000000000000000000
A3 BG1C 819051114808807812.5017.00181171
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06 CO1C 33323332234 1 113333311000010100111110131333
06 CO1C 43333133331111 23333333313  3333323331     2133212331233322231
06 CO1C 5222222     1    331 3331111  1 000000000000000000000000000000
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08 CO1C 3333 33131 3 31333313                  33331
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08 CO1C 815950315007009612.5016.00250191
08 CO2C 9
08 CO2C10
08 CO2C11
08 CO2C12
08 CO2C13
08 CO2C14
08 CO2C15
08 CO2C16
09 CO1C 17701571010000260230010000010000001001234511101110
09 CO1C 2333333333 2 233231 3322322332221312233223333221333
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09 C01C 8 11350313006409209.516.00221180
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09 C02C10
09 C02C11
09 C02C12
09 C02C13
09 C02C14
09 C02C15
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10 C01T 33333 31314333332333311100111001101111133333
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10 C01T 5  2  23333333333333333211113333100000000000000000000000000000000
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11 C02T16
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12 C01C 8
12 C02C 9
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13 CO2T13
13 CO2T14
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13 CO2T16
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16 CO2P 15
16 CO2P 16
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24 SK2P 977042110000000106  010000100001000000232511110100
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25 CO1P 815151116009208412.5020.00161201
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25 CO2P12
25 CO2P13
25 CO2P14
25 CO2P15
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26 CO2P12
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26 CO2P16
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27 CO2P133 3  1333333333333333132113 3100000000100000000100000000000
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29 CO1P 6
29 CO1P 7                                   121
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31 CO2P12
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32 C01P 4231   3222222 333333333 3  3232212     32    323 3111132 33 311
32 C01P 533331333223333 333333231111  3 100100100100100100100100100100
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32 CO2P14
32 CO2P15
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35 CO2P13
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35 CO2P15
35 CO2P16
36 CO1P 1800402100000002043000000000001000000001345O1101100
36 CO1P 2333333333   2323332  3232 333223 1 23333  31121 33
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36 CO2P11
36 CO2P12
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36 CO2P15
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37 CO1P 81064051680680780 9.5016.50211201
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37 CO2P11
37 CO2P12
37 CO2P13
37 CO2P14
37 CO2P15
37 CO2P16
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38 CO2P 9
38 CO2P10
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56 CF1C 7000000000111111000000000111000000
56 CF2C 8
56 CF2C 9
56 CF2C10
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56 CF2C12
56 CF2C13
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56 CF2C16
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60 CO2P12
60 CO2P13
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62 CO2P15
62 CO2P16
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66 CO2P11
66 CO2P12
66 CO2P13
66 CO2P14
66 CO2P15
66 CO2P16
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67 CF2P12
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68 CO1P 8
68 CO2P 9
68 CO2P10
68 CO2P11
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68 CO2P15
68 CO2P16
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69 CO1P 700000000010000000000000000000000012121214
69 CO1P 8097504      12808.0016.00080061
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71 CF1P 7000000000000000000000000000000000  151511  13445 4
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71 CF2P1  33  3333333333333333333113 33 000000100000000000000000000000
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73 CF1P 3   3 323132 232 333311000111010000110033 3 3
73 CF1P 4332333333   2233333323231  22 221232111111213332112133333231
73 CF1P 53    3333333333323333311113333 000000000000010000000000000000
73 CF1P 60000000000000000000000001100000000000000000000000000000100
73 CF1P 70000000000100000000000010010000100
73 CF1P 812950617209207210.5019.75091131
73 CF2P 9
73 CF2P10
73 CF2P11
73 CF2P12
73 CF2P13
73 CF2P14
73 CF2P15
73 CF2P16
74 CF1P 17003120001000050 22  0010000000000000003325 11111110
74 CF1P 2333233333333333    33331333322231133333333 23 1331
74 CF1P 333311313143333311333000000100001011000 31333
74 CF1P 4333313333    333333331 111 31333133311111131333313313333333
74 CF1P 53    33333333 333333333111333311100000000000000000000000000
74 CF1P 60000000000000000000000000000000000000000000000000000000111
74 CF1P 70000000000000000000000000000000012131544  13556 5
74 CF1P 812750116008006409.7520.00110090
74 CF2P 9
74 CF2P10
74 CF2P11
74 CF2P12
74 CF2P13
74 CF2P14
74 CF2P15
74 CF2P16
75 CF1P 17003131000000050640000000000000010000023321 1101100
75 CF1P 2333333333333333333333323   331113122 3232333111333
75 CF1P 33333 3131433223 23 300000110001101100133333
75 CF1P 43333 3311    3333333 3     332331333      3 233313312333133
75 CF1P 53    3333333 3331133333      3 00000011000000000000000000000
75 CF1P 60000000000000000000000000000010100000100000000000000000110
75 CF1P 70000000000100100000000100000000000015151524  15666 6
75 CF1P 813450213008609212.2519.75340200
75 CF2P 9
75 CF2P10
75 CF2P11
75 CF2P12
75 CF2P13
75 CF2P14
75 CF2P15
75 CF2P16
76 CF1P 17804111000000001024000000000100000000000003342 1111000
76 CF1P 233223331  32322221 33223  13 2232311321333311 21233
76 CF1P 3333333221413213113330000001001001110003 1332
76 CF1P 4332313133   23333333 3131 3333322312      32211223221 2212131
76 CF1P 5    313333333333331332 111333310000001000000000101000000001000
76 CF1P 60000000000000000000000000000000000000000000000000000000110
76 CF1P 700000001001000000000000000000010011121124  15444·4
76 CF1P 817250415208208413.5020.12300230
76 CF2P 97804121000000010 2 1000000000000100000023321 111100
```

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76 CF2P10232333 12 3133332  33223  1332 1 11132233331111 33
76 CF2P113333332314333 3 23  1000000001011110003333
76 CF2P1233 313333     33 33331311133333331333       31331113 1313333 3
76 CF2P13    3 1132213333333333  113 331101000000000001010000000100110
76 CF2P14000000000000000000000000000100000000000000000000000000000
76 CF2P15000000000000000000000000000000000012  12241314434 4
76 CF2P1616150212806406612.0017.50180110
82 CF1P 1761151100000015033 000000010000000000133511111
82 CF1P 22333233333322333331 33223333333111312123233332211333
82 CF1P 33223 32213221 12332211000110100101101033333
82 CF1P 43333132331221322333323111  33222231111111321311223123222211
82 CF1P 522222             211    11 1  000000000000000000000000000000
82 CF1P 6000000000000000000000000000000000000110010000000000000000
82 CF1P 7000000000100000000000000000000000016131 14  15544 5
82 CF1P 816151114008006010.7521.00160220
82 CF2P 9
82 CF2P10
82 CF2P11
82 CF2P12
82 CF2P13
82 CF2P14
82 CF2P15
82 CF2P16
83 CO1P 18504091000001 20621 100001010001000103  510111110
83 CO1P 2233333333333223333  32133 133311131 233223233122333
83 CO1P 3333   2214313113233300000000000111110131333
83 CO1P 4331333333333213 333333321 13233223113        23331331323322321
83 CO1P 53    13332333333133333331113 331111111111000000111000001100000
83 CO1P 6000000000111101111000000010110010011111111000000000000000111
83 CO1P 700000010111111111000000000000000100  121666
83 CO1P 815551118608206613.0017.00290260
83 CO2P 9
83 CO2P10
83 CO2P11
83 CO2P12
83 CO2P13
83 CO2P14
83 CO2P15
83 CO2P16
84 CO1P 1900350000001002152111000110000000000112 1511011011
84 CO1P 23222323 3213233231 333 31 13223132212223 2 1121231
84 CO1P 33333322214331111322310010000100001110033331
84 CO1P 4331333333111213 333333 1113323231311111111112333231131333321
84 CO1P 5111113333231333333313231112 13 10000000000000001000000000000000
84 CO1P 6000000111000111000000000000001000001000000000000000000000001
84 CO1P 700000000000000000000000111000000013141644
84 CO1P 814850113007207211.0019.50200161
84 CO2P 9
84 CO2P10
84 CO2P11
84 CO2P12
84 CO2P13
84 CO2P14
84 CO2P15
84 CO2P16
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85 C01P 17504021000001021621 10100100000101100534211101101
85 C01P 233333333332333 331 333221 332112323133233231211333
85 C01P 3332 332314311223332210000100100101100032222
85 C01P 43313133331112 3 333333311 331313131111111111233313 2313332311
85 C01P 53    333323333 333333321113 331000000000000000000000000000000
85 C01P 6000000000000000000000000000000000000000110100000000000100
85 C01P 700000000011001000000000011000010012121224
85 C01P 815250414605606012.0018.00331191
85 C02P 9
85 C02P10
85 C02P11
85 C02P12
85 C02P13
85 C02P14
85 C02P15
85 C02P16
88 C01P 18504200010000120220 01000000000000011234211101101
88 C01P 2233332233321232231 221221 322112211222333223111233
88 C01P 33331313314211111223201000000000001100132221
88 C01P 43333133111111 3 33332333313333221311111311  13331131333333321
88 C01P 53 3113333333332333333231113 33100000000000000000000000011000000
88 C01P 6000011000000000000000000000100000000000000000000000000011
88 C01P 700000000001100000000000000000011111141644
88 C01P 813550117207408411.5018.00301161
88 C02P 98504201010000 20630101000000000000010234211001101
88 C02P1023322233332123233333222231 332111212233333221111223
88 C02P1133313212142111132332000000000000011101312223
88 C02P1222332232      3 3333333323322131311111311111133311 1332333321
88 C02P133 3  3333333332323333311113 331000000000000000000000000000000
88 C02P1401001000000000000000000000001000000000000000000000000111
88 C02P1500000000010000000000000000011110011161544131355 5
88 C02P1613050113607407811.0018.00200300
89 C01P 179014010100101103 11100010010101000003 3211111110
89 C01P 2122212 3332222222322112211331312121 2323211111121
89 C01P 32323 322 4332133332200000000000000011000
89 C01P 4             33 3333 2311  333322313 11111113333133123223 311
89 C01P 53 3 121222232333332233311123 2 111000110000000110000010000000
89 C01P 6000000111000000000000000000000000101000101101000000000000011
89 C01P 7000000000000000000000000000000000016  1344
89 C01P 814150816207207810.0020.00170070
89 C02P 9
89 C02P10
89 C02P11
89 C02P12
89 C02P13
89 C02P14
89 C02P15
89 C02P16
90 C01P 18704131000000021621 10100100000000000323200111100
90 C01P 2 333  3 332 1123 1 333231133322  2   3 33331211333
90 C01P 33333332 143332213332000000101001011101 3 1
90 C01P 4331 3 33333   3 3333  111  333 31  111 11 11131111313333333
90 C01P 53    333333333333333          1101111011111111111100011000000
90 C01P 6000000111000000000000000000000000000000000000000010000000
90 C01P 700000000010000000000000000000000011151155
```

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90 CO1P 81445011380640841 3.0017.50280221
90 CO2P 9
90 CO2P10
90 CO2P11
90 CO2P12
90 CO2P13
90 CO2P14
90 CO2P15
90 CO2P16
91 CO1P 17704  1000010 2 321 0000000000000001033 200010000
91 CO1P 233333333333333323  23322113331123222332 222 2212 3
91 CO1P 3322 3322142111113220000000001001011101
91 CO1P 4                33 31 3133332                    232 2333333
91 CO1P 52 2  31322313323 3333
91 CO1P 6
91 CO1P 7                                   12
91 CO1P 81734081780720661 4.5017.50480350
91 CO2P 9
91 CO2P10
91 CO2P11
91 CO2P12
91 CO2P13
91 CO2P14
91 CO2P15
91 CO2P16
92 CO1P 1820414101000002063 010000100000000001234211101000
92 CO1P 2333233333 33222333333113  333111311223233331111333
92 CO1P 33323 1 3143331 133  110000100001011001313 3
92 CO1P 4 333332 311113333333 3311  33332233311111111333 23 13333322
92 CO1P 5311   33311333231212321111133210000000000000000010100000000 0
92 CO1P 6000000101000000000000000000010100000111111000000000000011
92 CO1P 711100000001001110000000000000000000  131334
92 CO1P 81224091780640661 2.0017.00341091
92 CO2P 9
92 CO2P10
92 CO2P11
92 CO2P12
92 CO2P13
92 CO2P14
92 CO2P15
92 CO2P16
93 CO1P 17904011010000020521100000100010100001333511111110
93 CO1P 2233333333 3 2 233323222311332222332133233331123233
93 CO1P 33333 2331423 233333301000110000001110033321
93 CO1P 43313333 3   333 333333311  32333333311111121231113 2333233211
93 CO1P 53 3  3333332332311333          111000111111000000000000110000
93 CO1P 6111000000000000000000000000000000000000010000000000000110
93 CO1P 700000000100100000000000000000000012161444
93 CO1P 81195001360780661 1.0016.50321221
93 CO2P 97904011000000020530100000100010100000433511111110
93 CO2P1033233333223223333333231 3322212121332333331121323
93 CO2P113333 22314333133333311100110101101110033331
93 CO2P122331333322111233333333311  3233313331     3133111331333333211
93 CO2P13  3 33333323313123333331113  3 111000111111000000000000000000
93 CO2P14111000000000000000000000000000000000000010000000000000000111
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 93 CO2P150000000000111011000000000000000000141713441315556 5
 93 CO2P16111450013206206611.0017.00200300
 94 CO1P 1840284100000002052 01000000000000000011332511111100
 94 CO1P 2332332333332233333333223213322223222123132122121123
 94 CO1P 33323132314233111333300000010100101110031321
 94 CO1P 4331333311111333 333333311  333331333111111131333111 1331333211
 94 CO1P 522111133333333333322333111333310000000000000000110000000000000
 94 CO1P 6000010000000000000000000000100000000000000000000000000000010
 94 CO1P 7010000000000000000000000000000000011171444
 94 CO1P 812850314206406010.5019.50180160
 94 CO2P 9
 94 CO2P10
 94 CO2P11
 94 CO2P12
 94 CO2P13
 94 CO2P14
 94 CO2P15
 94 CO2P16
 95 CO1P 171114810000001215411101000000001000010234511100000
 95 CO1P 23333333333333333331 3322332133111311233233221331333
 95 CO1P 333333212133323133333110000000000001100133333
 95 CO1P 43323332112111333333333311  3121123111111111 32321133223332233
 95 CO1P 5333   3333 3 3 313133 11113  1 0000000000000100000000000000000
00000000000000000000000000000000000000000000000000000
 95 CO1P 7000000001100100000000000011000010013111744
 95 CO1P 819250912607206013.0020.00150221
 95 CO2P 9
 95 CO2P10
 95 CO2P11
 95 CO2P12
 95 CO2P13
 95 CO2P14
 95 CO2P15
 95 CO2P16
 96 CO1P 1821157100000002053  10000000000000000234211100000
 96 CO1P 2333333333333 33331 3233221333233311133233321211233
 96 CO1P 33312231313331122333211100000111101101133223
 96 CO1P 4331313111111233 3332333313332322332211111111323 1331213322311
 96 CO1P 5111111133233333321233332113 321000000000000111000000000000000
 96 CO1P 600000000000000000000000111000000000000000000000000000000111
 96 CO1P 71000000000000000000000000000000000016121334
 96 CO1P 814650611807608411.0019.00101141
 96 CO2P 9
 96 CO2P10
 96 CO2P11
 96 CO2P12
 96 CO2P13
 96 CO2P14
 96 CO2P15
 96 CO2P16
 97 CO1P 182115810000001204300100000000000010004335111 01000
 97 CO1P 2133333333333333231 3323322332111112133333221231323
 97 CO1P 33323 31114331233332301000100100101110031332
 97 CO1P 43313333311111333333333111333333223221111113 23333331213332311
 97 CO1P 52221233333233333333333311113131111000000000000001110000000000
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```
97 CO1P 6000000000000111111000000111000000000111111000000000000100
97 CO1P 70000000000000000000000000001110001216l224
97 CO1P 81685081280780721 2.0019.50120201
97 CO2P 9
97 CO2P10
97 CO2P11
97 CO2P12
97 CO2P13
97 CO2P14
97 CO2P15
97 CO2P16
98 CO1P 18304311000000 2  21010100000000100100532 10101000
98 CO1P 2 33  33333   33231 3322232333222222132333221231312
98 CO1P 3332133 31 32111 33 30010001000000111001111 3
98 CO1P 42213333111111 3 3311333 333323231  11112112123331331311332222
98 CO1P 52 22 132323333332323333111 33331
98 CO1P 6
98 CO1P 7                                   12
98 CO1P 81385011360560541l.5017.50250161
98 CO2P 9
98 CO2P10
98 CO2P11
98 CO2P12
98 CO2P13
98 CO2P14
98 CO2P15
98 CO2P16
99 CO1P 1791152100000012153 10000100000000l001234 01101110
99 CO1P 2333333333333333231 212231312211131223333212111l333
99 CO1P 33323321313133131232300000000000000110112123l
99 CO1P 433132331111333333333333111133333131111111113 23111131113333231
99 CO1P 5313113333133133313333231113132100010000000000000000000000000000
99 CO1P 6000000111000000000000000111000000000000011100000000000000
99 CO1P 7000000000000000000000000000000000111414 34
99 CO1P 822660314608406014.0022.00270380
99 CO2P 979114310000001515301000000000000000000233211101110
99 CO2P10333333333333333331 3312313132111211233333221111333
99 CO2P1133233312122311313323000000000000000110113133l
99 CO2P123313133     333333313331113333331311111111212311123133333232 1
99 CO2P132 2 2 2331121323332232221111312100000000000000000000000000000000
99 CO2P1400000010100000000000000000000000000000000000000000000000
99 CO2P150000000001000000000000000000000000111613241315655 5
99 CO2P162036021360820661 3.5021.50200300
;
```

B.3 SAS Log

```
                    JES2 JOB LOG -- SYSTEM 3090 -- NODE AKRON

08.10.01 JOB 4536  $HASP373 X1RFBA   STARTED - INIT  7 - CLASS E - SYS 3090
08.10.30 JOB 4536  $HASP395 X1RFBA   ENDED
------ JES2 JOB STATISTICS ------
 03 OCT 88 JOB EXECUTION DATE
     3,294 CARDS READ
     1,686 SYSOUT PRINT RECORDS
         0 SYSOUT PUNCH RECORDS
        82 SYSOUT SPOOL KBYTES
      0.49 MINUTES EXECUTION TIME
    1     //X1RFBA JOB (              ),'115/BOWER',CLASS=E,MSGLEVEL=(2,0)       JOB 4536
          ***ROUTE PRINT AKRONVM.X1RFB
          ***ROUTE PUNCH AKRONVM.X1RFB
          ***JOBPARM SKIP=YES,LINES=99
    2     // EXEC SAS,REGION=4500K,WORK='100,20'
   34     //SYSIN     DD *                GENERATED STATEMENT
IEF142I X1RFBA SAS - STEP WAS EXECUTED - COND CODE 0000
IEF373I STEP /SAS      / START 88277.0810
IEF374I STEP /SAS      / STOP  88277.0810 CPU    0MIN 00.54SEC SRB    0MIN 00.13SEC VIRT  4500K SYS   312K EXT       4K SYS    [illegible]K
IEF375I  JOB /X1RFBA  / START 88277.0810
IEF376I  JOB /X1RFBA  / STOP  88277.0810 CPU    0MIN 00.54SEC SRB    0MIN 00.13SEC
1         SAS(R) LOG   OS SAS 5.16          MVS/XA JOB X1RFBA   STEP SAS                             8:10 MONDAY, OCTOBER 3, 1988
NOTE: COPYRIGHT (C) 1984,1986 SAS INSTITUTE INC., CARY, N.C.  27511, U.S.A.
NOTE: THE JOB X1RFBA HAS BEEN RUN UNDER RELEASE 5.16 OF SAS AT THE UNIVERSITY OF AKRON (03159001).
NOTE: SAS OPTIONS SPECIFIED ARE:
      SORT=2 DEVICE=CALCOMPF


*******************************************************************
* OS SAS Release 5.18 is now available for user testing.          *
*    (The current production OS SAS system is Release 5.16)       *
* For more information, use the SAS statement:    HELP NEWS;      *
*******************************************************************



1            OPTIONS LINESIZE=128;
2            DATA WELELD;
3                INPUT #1 CASNO1 $ 1-2 SITE1 $ 3-5 PRFST1 6 RATER1 $ 7 cards 8-9
4                         age 10-11 sex 12 marst 13 hing 14-15 (sw1-sw7) (7*1.0)
5                         numhous 23 thous 24 chres 25 ed 26 health 27 thltho 28
6                         disab 29 (adprb1-adprb17) (17*1.0) nomds 47 curinc 48
7                         athinc 49 benfts 50 (lvis1-lvis7) (7*1.0) comm 58
8                      #2 dal 10 (da2-da20) (19*1.0) (pv1-pv30) (30*1.0)
9                      #3 adl1 10 (adl2-adl20) (19*1.0) (pta1-pta23) (23*1.0)
10                     #4 sa1 10 (sa2-sa27) (26*1.0) (na1-na34) (34*1.0)
11                     #5 na35 10 (na36-na40) (5*1.0) (ma1-ma25) (25*1.0)
12                        (ps1-ps30) (30*1.0)
13                     #6 ps31 10 (ps32-ps60) (29*1.0) (nosa1-nosa27) (27*1.0)
14                     #7 nosa28 10 (nosa29-nosa60) (32*1.0) (sumrt1-sumrt17) (17*1.0)
15                     #8 wt 10-12 ft 13 in 14-15 bon 16-18 bod 19-21 pls 22-24
16                        marmc 25-29 kneh 30-34 tric 35-36 trthcls 37 subsco 38-39
17                        scthcls 40
18                     #9 bCASNO1 $ 1-2 bSITE1 $ 3-5 bPRFST1 6 bRATER1 $ 7 bcards 8-9
19                        bage 10-11 bsex 12 bmarst 13 bning 14-15 (bsw1-bsw7) (7*1.0)
20                        bnumhous 23 bthous 24 bchres 25 bed 26 bhealth 27 bthltho 28
21                        bdisab 29 (badprb1-badprb17) (17*1.0) bnomds 47 bcurinc 48
22                        bathinc 49 bbenfts 50 (blvis1-blvis7) (7*1.0) bcomm 58
23                    #10 bdal 10 (bda2-bda20) (19*1.0) (bpv1-bpv30) (30*1.0)
24                    #11 badl1 10 (badl2-badl20) (19*1.0) (bpta1-bpta23) (23*1.0)
25                    #12 bsa1 10 (bsa2-bsa27) (26*1.0) (bna1-bna34) (34*1.0)
26                    #13 bna35 10 (bna36-bna40) (5*1.0) (bma1-bma25) (25*1.0)
27                        (bps1-bps30) (30*1.0)
28                    #14 bps31 10 (bps32-bps60) (29*1.0) (bnosa1-bnosa27) (27*1.0)
```

BEST COPY AVAILABLE

```
29                 @15 bnpsm28 10 (bnpsm28-bnpsm30) (3*1.0)
30                    (bsuart1-bsuart11) (11*1.0)
31                 @16 bwt 10-12 bft 13 bin 14-15 bbpn 16-18 bbpd 19-21 bpls 22-24
32                    bmarmc 25-29 bineh 30-34 btric 35-36
33                    btrthcls 37 bsubscp 38-39
34                    bscthcls 40;
35            /**********DISCARD OBSERVATIONS CLEAN-UP**********/;
36         if CASNU1='17' and SITE1='NE' and PRES11=1 and RATER1='T' then delete;
37            /**********DATA-OUT OF RANGE CLEAN-UP**********/;
38         if thous=0 then thous=.;
39         if disab=3 then disab=.;
40         if mthinc=5 then mthinc=.;
41         if da18=2 then da18=.;
42         if ad111=4 then ad111=.;
43         if pfa1=3 then pfa1=.;
2         SAS(R) LOG   OS SAS 5.16         MVS/XA JOB X1RF6A   STEP SAS                       8:10 MONDAY, OCTOBER 3, 1988
44         if pfa2=3 then pfa2=.;
45         if pfa10=3 then pfa10=.;
46         if pfa13=3 then pfa13=.;
47         if pfa17=5 then pfa17=.;
48         if pfa18=3 then pfa18=.;
49         if pfa19=0 then pfa19=.;
50         if na17=0 then na17=.;
51         if na18=0 then na18=.;
52         if na36=0 then na36=.;
53         if na37=0 then na37=.;
54         if na38=0 then na38=.;
55         if ma22=0 then ma22=.;
56         if ma23=0 then ma23=.;
57         if ma24=0 then ma24=.;
58         if ma25=0 then ma25=.;
59         if sumrt1=0 then sumrt1=.;
60         if wt=11 then wt=.;
61         if bpn=313 then bpn=.;
62         if bpd=6 then bpd=.;
63         if pls=409 then pls=.;
64         if marmc=209.5 then marmc=.;
65         if bage=10 then bage=.;
66         if bsex=4 then bsex=.;
67         if bmarst=0 then bmarst=.;
68         if bthous=0 then bthous=.;
69         if bchres=6 then bchres=.;
70         if bhealth=0 then bhealth=.;
71         if bmdprb17=2 then bmdprb17=.;
72         if bmthinc=5 then bmthinc=.;
73         if bda1=0 then bda1=.;
74         if bad111=4 then bad111=.;
75         if bpfa1=3 then bpfa1=.;
76         if bma23=0 then bma23=.;
77         if bma24=0 then bma24=.;
78         if bma25=0 then bma25=.;
79         if bnpsm28=5 then bnpsm28=.;
80         if bsuart3=3 then bsuart3=.;
81         if bsuart9=4 then bsuart9=.;
82         if bsuart11=3 then bsuart11=.;
83         if (bwt=6 or bwt=15) then bwt=.;
84         if bbpn=313 then bbpn=.;
85         if bbpd=208 then bbpd=.;
86         if bpls=405 then bpls=.;
87         if bmarmc=412.5 then bmarmc=.;
88         if btrthcls=4 then btrthcls=.;
89         if bscthcls=5 then bscthcls=.;
90            /**********RAW DATA CONVERSIONS**********/;
91         hth=((12*ft)+in)/12;
92         bhth=((12*bft)+bin)/12;
93            /**********DEVELOPMENTAL ACTIVITIES SUMMARY SCORE**********/;
```

BEST COPY AVAILABLE

```
94           if da18=1 then da19=0;
95           if da19=3 then da19=0;
96              else if da19=1 then da19=3;
97           dasum=da1+da2+da3+da4+da5+da6+da7+da8+da9+da10+
98                 da11+da12+da13+da14+da15+da16+da17-da19+da20;
99           if bda18=1 then bda19=0;
100          if bda19=3 then bda19=0;
101             else if bda19=1 then bda19=3;
3           SAS(R) LOG   OS SAS 5.16          MVS/XA JOB X1RFBA   STEP SAS                      8:10 MONDAY, OCTOBER 3, 1988
102          bdasum=bda1+bda2+bda3+bda4+bda5+bda6+bda7+bda8+bda9+bda10+
103                 bda11+bda12+bda13+bda14+bda15+bda16+bda17-bda19+bda20;
104             /**********PSYCHOSOCIAL ACTIVITIES SUMMARY SCORE**********/;
105          pysum=py1+py2+py3+py4+py5+
106                  py6+py7+py8+py9-py10-
107                  py11-py12+py13-py14-py15-
108                  py16+py17+py18-py19+py20+
109                  py21+py22+py23-py24-py25-
110                  py26-py27+py28+py29+py30;
111          bpysum=bpy1+bpy2+bpy3+bpy4+bpy5+
112                  bpy6+bpy7+bpy8+bpy9-bpy10-
113                  bpy11-bpy12+bpy13-bpy14-bpy15-
114                  bpy16+bpy17+bpy18-bpy19+bpy20+
115                  bpy21+bpy22+bpy23-bpy24-bpy25-
116                  bpy26-bpy27+bpy28+bpy29+bpy30;
117             /**********ACTIVITIES OF DAILY LIVING SUMMARY SCORE**********/;
118          adlsum=adl1+adl2+adl3+adl4+adl5+adl6-adl7+adl8-adl9+adl10+
119                adl11+adl12+adl13+adl14+adl15+adl16+adl17+adl18+
120                adl19+adl20;
121          badlsum=badl1+badl2+badl3+badl4+badl5+badl6-badl7+badl8-badl9+badl10+
122                badl11+badl12+badl13+badl14+badl15+badl16+badl17+badl18+
123                badl19+badl20;
124             /**********PHYSICAL FITNESS ACTIVITIES SUMMARY SCORE**********/;
125          pfasum=pfa1+pfa2+pfa3+pfa4+pfa5+pfa6+pfa7+pfa8+pfa9+pfa10+
126                pfa11+pfa12+pfa13+pfa23;
127          bpfasum=bpfa1+bpfa2+bpfa3+bpfa4+bpfa5+bpfa6+bpfa7+bpfa8+bpfa9+bpfa10+
128                 bpfa11+bpfa12+bpfa13+bpfa23;
129             /**********PHYSICAL FITNESS LEISURE SUMMARY SCORE**********/;
130          pflsum=pfa14+pfa15+pfa16+pfa17+pfa18;
131          bpflsum=bpfa14+bpfa15+bpfa16+bpfa17+bpfa18;
132             /**********PHYSICAL FITNESS PERCEPTION SUMMARY SCORE**********/;
133          pfpsum=pfa19+pfa20+pfa21+pfa22;
134          bpfpsum=bpfa19+bpfa20+bpfa21+bpfa22;
135             /**********SAFETY ACTIVITIES SUMMARY SCORE**********/;
136          sasum=sa1+sa2+sa3+sa4+sa5+sa6+sa7+sa8+sa9+sa10+
137                sa11+sa12+sa13+sa14+sa15+sa16+sa17+sa18+sa19+sa20+
138                sa21+sa22+sa23+sa24+sa26+sa27;
139          bsasum=bsa1+bsa2+bsa3+bsa4+bsa5+bsa6+bsa7+bsa8+bsa9+bsa10+
140                 bsa11+bsa12+bsa13+bsa14+bsa15+bsa16+bsa17+bsa18+bsa19+bsa20+
141                 bsa21+bsa22+bsa23+bsa24+bsa26+bsa27;
142             /**********NUTRITIONAL ACTIVITIES SUMMARY SCORE**********/;
143          nasum=na1+na2+na3+na4+na5-na6+na7+na8-na9-na10-
144               na11-na12-na13-na14-na15+na16+na17+na18+na19+na20+
145               na21-na22+na23+na24-na25+na26+na27+na28+na29+na30+
146               na31+na32-na33-na34+na40;
147          bnasum=bna1+bna2+bna3+bna4+bna5-bna6+bna7+bna8-bna9-bna10-
148                bna11-bna12-bna13-bna14-bna15+bna16+bna17+bna18+bna19+bna20+
149                bna21-bna22+bna23+bna24-bna25+bna26+bna27+bna28+bna29+bna30+
150                bna31+bna32-bna33-bna34+bna40;
151             /**********MEDICATION ACTIVITIES SUMMARY SCORE**********/;
152          masum=ma1+ma2+ma3+ma4+ma5+ma6+ma7+ma8+ma9+ma10+
153                ma11+ma12+ma13+ma14+ma15+ma16+ma17-ma18-ma19+ma20+
154                ma21+ma22+ma23+ma24;
155          bmasum=bma1+bma2+bma3+bma4+bma5+bma6+bma7+bma8+bma9+bma10+
156                 bma11+bma12+bma13+bma14+bma15+bma16+bma17-bma18-bma19-bma20+
157                 bma21+bma22+bma23+bma24;
158             /**********CONTROL EXPERIMENTAL GAIN SCORE CREATION**********/;
```

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```
159        expl=0;
4          SAS(R) LOG   OS SAS 5.16        MVS/XA JOB X1RF2A   STEP SAS                      8:10 MONDAY, OCTOBER 3, 1988
160         if (rater1='P' or rater1='T') then expl=1;
161         cnt1=0;
162            /*****DEVELOPMENTAL ACTIVITY GAIN SCORES*****/;
163            /************/;
164         gda1=bda1-da1;
165            /************/;
166         gda2=bda2-da2;
167            /************/;
168         gda3=bda3-da3;
169            /************/;
170         gda4=bda4-da4;
171            /************/;
172         gda5=bda5-da5;
173            /************/;
174         gda6=bda6-da6;
175            /************/;
176         gda7=bda7-da7;
177            /************/;
178         gda8=bda8-da8;
179            /************/;
180         gda9=bda9-da9;
181            /************/;
182         gda10=bda10-da10;
183            /************/;
184         gda11=bda11-da11;
185            /************/;
186         gda12=bda12-da12;
187            /************/;
188         gda13=bda13-da13;
189            /************/;
190         gda14=bda14-da14;
191            /************/;
192         gda15=bda15-da15;
193            /************/;
194         gda16=bda16-da16;
195            /************/;
196         gda17=bda17-da17;
197            /************/;
198         gda19=bda19-da19;
199            /************/;
200         gda20=bda20-da20;
201            /************/;
202         gdasum=bdasum-dasum;
203            /************/;
204            /*****PSYCOSOCIAL ACTIVITIES GAIN SCORES *****/;
205            /************/;
206         gpy1=bpy1-py1;
207            /************/;
208         gpy2=bpy2-py2;
209            /************/;
210         gpy3=bpy3-py3;
211            /************/;
212         gpy4=bpy4-py4;
213            /************/;
214         gpy5=bpy5-py5;
215            /************/;
216         gpy6=bpy6-py6;
217            /************/;
5          SAS(R) LOG   OS SAS 5.16        MVS/XA JOB X1RF2A   STEP SAS                      8:10 MONDAY, OCTOBER 3, 1988
218         gpy7=bpy7-py7;
219            /************/;
220         gpy8=bpy8-py8;
221            /************/;
222         gpy9=bpy9-py9;
```

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```
223          /************/;
224        gpy10=bpy10-py10;
225          /************/;
226        gpy11=bpy11-py11;
227          /************/;
228        gpy12=bpy12-py12;
229          /************/;
230        gpy13=bpy13-py13;
231          /************/;
232        gpy14=bpy14-py14;
233          /************/;
234        gpy15=bpy15-py15;
235          /************/;
236        gpy16=bpy16-py16;
237          /************/;
238        gpy17=bpy17-py17;
239          /************/;
240        gpy18=bpy18-py18;
241          /************/;
242        gpy19=bpy19-py19;
243          /************/;
244        gpy20=bpy20-py20;
245          /************/;
246        gpy21=bpy21-py21;
247          /************/;
248        gpy22=bpy22-py22;
249          /************/;
250        gpy23=bpy23-py23;
251          /************/;
252        gpy24=bpy24-py24;
253          /************/;
254        gpy25=bpy25-py25;
255          /************/;
256        gpy26=bpy26-py26;
257          /************/;
258        gpy27=bpy27-py27;
259          /************/;
260        gpy28=bpy28-py28;
261          /************/;
262        gpy29=bpy29-py29;
263          /************/;
264        gpy30=bpy30-py30;
265          /************/;
266        gpysum=bpysum-pysum;
267          /************/;
268          /*****ACTIVITIES OF DAILY LIVING GAIN SCORES*****/;
269          /************/;
270        gadl1=badl1-adl1;
271          /************/;
272        gadl2=badl2-adl2;
273          /************/;
274        gadl3=badl3-adl3;
275          /************/;
6        SAS(R) LOG   OS SAS 5.16          MVS/XA JOB X1KFBA   STEP SAS                        8:10 MONDAY, OCTOBER 3, 1988
276        gadl4=badl4-adl4;
277          /************/;
278        gadl5=badl5-adl5;
279          /************/;
280        gadl6=badl6-adl6;
281          /************/;
282        gadl7=badl7-adl7;
283          /************/;
284        gadl8=badl8-adl8;
285          /************/;
286        gadl9=badl9-adl9;
287          /************/;
```

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```
288          gadl10=badl10-adl10;
289             /************/;
290          gadl11=badl11-adl11;
291             /************/;
292          gadl12=badl12-adl12;
293             /************/;
294          gadl13=badl13-adl13;
295             /************/;
296          gadl14=badl14-adl14;
297             /************/;
298          gadl15=badl15-adl15;
299             /************/;
300          gadl16=badl16-adl16;
301             /************/;
302          gadl17=badl17-adl17;
303             /************/;
304          gadl18=badl18-adl18;
305             /************/;
306          gadl19=badl19-adl19;
307             /************/;
308          gadl20=badl20-adl20;
309             /************/;
310          gadlsum=badlsum-adlsum;
311             /************/;
312             /*****PHYSICAL FITNESS ACTIVITIES GAIN SCORES*****/;
313             /************/;
314          gpfa1=bpfa1-pfa1;
315             /************/;
316          gpfa2=bpfa2-pfa2;
317             /************/;
318          gpfa3=bpfa3-pfa3;
319             /************/;
320          gpfa4=bpfa4-pfa4;
321             /************/;
322          gpfa5=bpfa5-pfa5;
323             /************/;
324          gpfa6=bpfa6-pfa6;
325             /************/;
326          gpfa7=bpfa7-pfa7;
327             /************/;
328          gpfa8=bpfa8-pfa8;
329             /************/;
330          gpfa9=bpfa9-pfa9;
331             /************/;
332          gpfa10=bpfa10-pfa10;
333             /************/;
7           SAS(R) LOG    OS SAS 5.16          MVS/XA JOB X1RFBA   STEP SAS                     8:10 MONDAY, OCTOBER 3, 1988
334          gpfa11=bpfa11-pfa11;
335             /************/;
336          gpfa12=bpfa12-pfa12;
337             /************/;
338          gpfa13=bpfa13-pfa13;
339             /************/;
340          gpfasum=bpfasum-pfasum;
341             /************/;
342             /*****PHYSICAL FITNESS LEISURE GAIN SCORES*****/;
343             /************/;
344          gpfa14=bpfa14-pfa14;
345             /************/;
346          gpfa15=bpfa15-pfa15;
347             /************/;
348          gpfa16=bpfa16-pfa17;
349             /************/;
350          gpfa17=bpfa17-pfa17;
351             /************/;
352          gpfa18=bpfa18-pfa18;
```

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```
353         /############/;
354      gpflsum=bpflsum-pflsum;
355         /############/;
356         /#####PHYSICAL FITNESS PERCEPTION GAIN SCORES#####/;
357         /############/;
358      gpfa19=bpfa19-pfa19;
359         /############/;
360      gpfa20=bpfa20-pfa20;
361         /############/;
362      gpfa21=bpfa21-pfa21;
363         /############/;
364      gpfa22=bpfa22-pfa22;
365         /############/;
366      gpfpsum=bpfpsum-pfpsum;
367         /############/;
368         /#####SAFETY ACTIVITIES GAIN SCORES#####/;
369         /############/;
370      gsa1=bsa1-sa1;
371         /############/;
372      gsa2=bsa2-sa2;
373         /############/;
374      gsa3=bsa3-sa3;
375         /############/;
376      gsa4=bsa4-sa4;
377         /############/;
378      gsa5=bsa5-sa5;
379         /############/;
380      gsa6=bsa6-sa6;
381         /############/;
382      gsa7=bsa7-sa7;
383         /############/;
384      gsa8=bsa8-sa8;
385         /############/;
386      gsa9=bsa9-sa9;
387         /############/;
388      gsa10=bsa10-sa10;
389         /############/;
390      gsa11=bsa11-sa11;
391         /############/;
8        SAS(R) LOG   OS SAS 5.16          MVS/XA JOB X1RFBA   STEP SAS                 8:10 MONDAY, OCTOBER 3, 1988
392      gsa12=bsa12-sa12;
393         /############/;
394      gsa13=bsa13-sa13;
395         /############/;
396      gsa14=bsa14-gsa14;
397         /############/;
398      gsa15=bsa15-sa15;
399         /############/;
400      gsa16=bsa16-sa16;
401         /############/;
402      gsa17=bsa17-sa17;
403         /############/;
404      gsa18=bsa18-sa18;
405         /############/;
406      gsa19=bsa19-sa19;
407         /############/;
408      gsa20=bsa20-sa20;
409         /############/;
410      gsa21=bsa21-sa21;
411         /############/;
412      gsa22=bsa22-sa22;
413         /############/;
414      gsa23=bsa23-sa23;
415         /############/;
416      gsa24=bsa24-sa24;
417         /############/;
```

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```
418        gsa26=bsa26-sa26;
419           /************/;
420        gsa27=bsa27-sa27;
421           /************/;
422        gsasum=bsasum-sasum;
423           /************/;
424           /*****NUTRITIONAL ACTIVITIES GAIN SCORES*****/;
425           /************/;
426        gna1=bna1-na1;
427           /************/;
428        gna2=bna2-na2;
429           /************/;
430        gna3=bna3-na3;
431           /************/;
432        gna4=bna4-na4;
433           /************/;
434        gna5=bna5-na5;
435           /************/;
436        gna6=bna6-na6;
437           /************/;
438        gna7=bna7-na7;
439           /************/;
440        gna8=bna8-na8;
441           /************/;
442        gna9=bna9-na9;
443           /************/;
444        gna10=bna10-na10;
445           /************/;
446        gna11=bna11-na11;
447           /************/;
448        gna12=bna12-na12;
449           /************/;
9          SAS(R) LOG   OS SAS 5.16          MVS/XA JOB XIRFBA   STEP SAS                            8:10 MONDAY, OCTOBER 3, 1988
450        gna13=bna13-na13;
451           /************/;
452        gna14=bna14-na14;
453           /************/;
454        gna15=bna15-na15;
455           /************/;
456        gna16=bna16-na16;
457           /************/;
458        gna17=bna17-na17;
459           /************/;
460        gna18=bna18-na18;
461           /************/;
462        gna19=bna19-na19;
463           /************/;
464        gna20=bna20-na20;
465           /************/;
466        gna21=bna21-na21;
467           /************/;
468        gna22=bna22-na22;
469           /************/;
470        gna23=bna23-na23;
471           /************/;
472        gna24=bna24-na24;
473           /************/;
474        gna25=bna25-na25;
475           /************/;
476        gna26=bna26-na26;
477           /************/;
478        gna27=bna27-na27;
479           /************/;
480        gna28=bna28-na28;
481           /************/;
482        gna29=bna29-na29;
```

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```
483         /************/;
484      gna31=bna31-na31;
485         /************/;
486      gna32=bna32-na32;
487         /************/;
488      gna33=bna33-na33;
489         /************/;
490      gna34=bna34-na34;
491         /************/;
492      gna40=bna40-na40;
493         /************/;
494      gnasum=bnasum-nasum;
495         /************/;
496         /*****MEDICAL ACTIVITIES GAIN SUCORE*****/;
497         /************/;
498      gma1=bma1-ma1;
499         /************/;
500      gma2=bma2-ma2;
501         /************/;
502      gma3=bma3-ma3;
503         /************/;
504      gma4=bma4-ma4;
505         /************/;
506      gma5=bma5-ma5;
507         /************/;
10       SAS(R) LOG   CS SAS 5.16          MVS/XA JOB X1RF8A   STEP SAS                         8:10 MONDAY, OCTOBER 3, 1988
508      gma6=bma6-ma6;
509         /************/;
510      gma7=bma7-ma7;
511         /************/;
512      gma8=bma8-ma8;
513         /************/;
514      gma9=bma9-ma9;
515         /************/;
516      gma10=bma10-ma10;
517         /************/;
518      gma11=bma11-ma11;
519         /************/;
520      gma12=bma12-ma12;
521         /************/;
522      gma13=bma13-ma13;
523         /************/;
524      gma14=bma14-ma14;
525         /************/;
526      gma15=bma15-ma15;
527         /************/;
528      gma16=bma16-ma16;
529         /************/;
530      gma17=bma17-ma17;
531         /************/;
532      gma18=bma18-ma18;
533         /************/;
534      gma19=bma19-ma19;
535         /************/;
536      gma20=bma20-ma20;
537         /************/;
538      gma21=bma21-ma21;
539         /************/;
540      gma22=bma22-ma22;
541         /************/;
542      gma23=bma23-ma23;
543         /************/;
544      gma24=bma24-ma24;
545         /************/;
546      gmasum=bmasum-masum;
547         /************/;
```

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```
548      ;
549      cards;

NOTE: MISSING VALUES WERE GENERATED AS A RESULT OF PERFORMING
      AN OPERATION ON MISSING VALUES.
      EACH PLACE IS GIVEN BY: (NUMBER OF TIMES) AT (LINE):(COLUMN).
      8 AT 91:5   94 AT 92:6   77 AT 97:7   112 AT 102:8   88 AT 105:7   126 AT 111:8   110 AT 118:8   151 AT 121:9
      14 AT 125:8   97 AT 127:9   5 AT 130:8   91 AT 131:9   28 AT 133:8   100 AT 134:9   142 AT 136:7   157 AT 139:8
      128 AT 143:7   146 AT 147:8   95 AT 152:7   131 AT 155:8   95 AT 164:6   94 AT 166:6   95 AT 168:6   95 AT 170:6
      93 AT 172:6   93 AT 174:6   96 AT 176:6   92 AT 178:6   96 AT 180:6   100 AT 182:7   99 AT 184:7   101 AT 186:7
      95 AT 188:7   99 AT 190:7   95 AT 192:7   96 AT 194:7   95 AT 196:7   115 AT 198:7   94 AT 200:7   132 AT 202:8
      95 AT 206:6   91 AT 208:6   92 AT 210:6   94 AT 212:6   100 AT 214:6   120 AT 216:6   91 AT 218:6   97 AT 220:6
      101 AT 222:6   93 AT 224:7   95 AT 226:7   95 AT 228:7   102 AT 230:7   95 AT 232:7   94 AT 234:7   94 AT 236:7
      92 AT 238:7   97 AT 240:7   96 AT 242:7   92 AT 244:7   93 AT 246:7   94 AT 248:7   94 AT 250:7   96 AT 252:7
      93 AT 254:7   96 AT 256:7   94 AT 258:7   94 AT 260:7   93 AT 262:7   99 AT 264:7   142 AT 266:8   91 AT 270:7
      92 AT 272:7   92 AT 274:7   104 AT 276:7   126 AT 278:7   94 AT 280:7   94 AT 282:7   96 AT 284:7   93 AT 286:7
      109 AT 288:8   96 AT 290:8   101 AT 292:8   102 AT 294:8   103 AT 296:8   97 AT 298:8   100 AT 300:8   96 AT 302:8
11       SAS(R) LOG   OS SAS 5.16             MVS/XA JOB XIIJFEA   STEP SAS                     8:10 MONDAY, OCTOBER 3, 1988
      92 AT 304:8   120 AT 306:8   110 AT 308:8   160 AT 310:9   92 AT 314:7   91 AT 316:7   91 AT 318:7   91 AT 320:7
      91 AT 322:7   91 AT 324:7   91 AT 326:7   91 AT 328:7   91 AT 330:7   91 AT 332:8   91 AT 334:8   91 AT 336:8
      91 AT 338:8   98 AT 340:9   91 AT 344:8   91 AT 346:8   91 AT 348:8   91 AT 350:8   92 AT 352:8   92 AT 354:9
      92 AT 358:8   102 AT 360:8   94 AT 362:8   101 AT 364:8   103 AT 366:9   93 AT 370:6   92 AT 372:6   98 AT 374:6
      102 AT 376:6   97 AT 378:6   92 AT 380:6   95 AT 382:6   114 AT 384:6   119 AT 386:6   134 AT 388:7   133 AT 390:7
      133 AT 392:7   119 AT 394:7   170 AT 396:7   97 AT 398:7   135 AT 400:7   93 AT 402:7   94 AT 404:7   94 AT 406:7
      96 AT 408:7   101 AT 410:7   100 AT 412:7   104 AT 414:7   102 AT 416:7   136 AT 418:7   126 AT 420:7
      164 AT 422:8   92 AT 426:6   94 AT 428:6   91 AT 430:6   92 AT 432:6   94 AT 434:6   97 AT 436:6   95 AT 438:6
      99 AT 440:6   97 AT 442:6   98 AT 444:7   124 AT 446:7   123 AT 448:7   123 AT 450:7   127 AT 452:7   131 AT 454:7
      104 AT 456:7   103 AT 458:7   94 AT 460:7   93 AT 462:7   99 AT 464:7   108 AT 466:7   93 AT 468:7   95 AT 470:7
      110 AT 472:7   97 AT 474:7   96 AT 476:7   95 AT 478:7   95 AT 480:7   93 AT 482:7   95 AT 484:7   100 AT 486:7
      98 AT 488:7   127 AT 490:7   117 AT 492:7   151 AT 494:8   103 AT 498:6   103 AT 500:6   105 AT 502:6
      106 AT 504:6   107 AT 506:6   112 AT 508:6   109 AT 510:6   105 AT 512:6   107 AT 514:6   107 AT 516:7
      106 AT 518:7   104 AT 520:7   105 AT 522:7   105 AT 524:7   103 AT 526:7   103 AT 528:7   105 AT 530:7
      106 AT 532:7   101 AT 534:7   101 AT 536:7   105 AT 538:7   127 AT 540:7   113 AT 542:7   105 AT 544:7
      143 AT 546:8
NOTE: DATA SET WORK.WELELD HAS 170 OBSERVATIONS AND 978 VARIABLES. 6 OBS/TRK.
NOTE: THE DATA STATEMENT USED 1.45 SECONDS AND 722K.
```

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Appendix C

Training Evaluation

C.1 Training Manual

SUMMIT PORTAGE
**SUMMIT-PORTAGE
AREA HEALTH
EDUCATION NETWORK**
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May 28, 1987

TO: Trainers and Co-Trainers
"Well Elderly Integrated Training Project

FROM: Chris Marquart, M.D.
Project Director

Introduction to

TRAINING MANUAL

of the

"Well Elderly Integrated Training Project"

The well elderly, independent living individual can best be described as a very special person, with very special needs and concerns.

To address these needs and concerns, the Resource Faculty has designed this project's Training Manual for both training and reference purposes.

For emphasis, and recognizing that sections of the manual may be used independently, you will find some of the aging process and physiological changes repeated in each section dealing with either nutrition, exercise, or drugs.

We sincerely hope you will find this Training Manual a useful and ready reference to your initial learning process and for referral whenever the occasion arises.

Thank you for your cooperation and participation in this program. We hope that you find it a meaningful and worthwhile experience.

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ABSTRACT

The Well Elderly Integrated Training Project will develop a model pilot program of selecting and training well elderly persons in good health practices.

Utilizing a group of multi-disciplinary experts, trainers, from among the well elderly, and health related graduate and undergraduate students will be trained in assisting well-elderly persons to maintain or improve their independent living, quality of life and state of health on the aging and wellness curve.

Well-elderly persons who sign an informed consent, have primary care physician approval and are living in private and public elderly housing designed for independent living will be selected as the target and control populations. Risk appraisal, health assessment and various measures will identify current health status. Referrals will be made where applicable.

A motivational regimen of activities and education will be developed for each study group member by the Resource Faculty. The care plan will be implemented by fifteen (15) trainers and fifteen (15) student co-trainers who will be trained and paired to work as a team with five (5) well elderly persons (each) for a pilot model of 75 participants in the study group and 75 participants in the control group.

The program is designed to improve, enhance, or maintain health and thereby serves to support health care cost containment.

The participant and the trainer will chart progress and report regularly to the Resource Faculty which is composed of qualified experts in the fields of medicine, nursing, pharmacology, exercise physiology, behavioral science, and nutrition. Alternatives to utilization of drugs will be emphasized where practical, applicable, and appropriate but only with the approval of the participant's primary care physician.

Various forms of evaluation will be used to measure the success of the project, its participants, the control group, control against norms, and the abilities of the trainers and co-trainers.

The pilot model is designed to be transferable to other geographic areas interested in health care cost containment and maintenance of the health and quality of life of their well elderly.

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COMMUNICATION SKILLS

A. ATTITUDE

The most important factor in achieving successful results in working with this project's participants is your attitude. It is communicated verbally and non-verbally in many ways. Whether intended or not, you communicate enthusiasm, "one up", boredom, anxiety, or whatever mental set you bring to a work session. Be aware of the attitudes and expectations you bring to the session and your impact on the participant.

B. STRUCTURE

The second most important factor in successful communication is a clear, simple, concise explanation of what will take place. This structure should include:

1. Who you are.
2. What you are going to do.
3. How you are going to do it.
4. Why it is important. (Elicit from participant as much as possible . . . discuss)

Develop your own "speech," containing the above elements, and in a way that best fits your own style. Most people will cooperate if given a clear, simple, concise structure.

C. COMMUNICATION "DO'S" AND "DON'TS"

Do's . . . rather than . . . **Don'ts**

1. Speak to the participant in his or her own vocabulary level.	1. Don't "talk up or down" to the participant or use jargon.
2. Maintain an open, relaxed posture, and good eye contact.	2. Don't "tense up" or maintain a rigid or defensive posture.
3. Check participant's understanding of what you present occasionally. Tactfully ask him or her to repeat it to you. Take responsibility for any misunderstanding. "Perhaps I didn't present that part clearly . . ."	3. Don't assume the participant always understands. He or she may not say so out of embarrassment.

4.	If you want specific answers, ask a specific question. "How many children do you have?" If you want the participant to continue on a topic in a general way, use a more open-ended phrase. "Tell me more about your family."	4.	Don't confuse the two and ask for information with phrases or questions that do not elicit what you intend.
5.	Listen carefully.	5.	Don't "think ahead" to your next question while the participant is speaking to what you asked.

"Physiologic Changes of Aging"

OVERVIEW

As you begin your involvement with the "Well Elderly" project, we feel it is important that some information regarding the "normal" changes of aging be kept in mind. I'm sure we all can recognize the "normal" affects of aging on hair, skin, and body posture. However, many changes that we can't see occur in organ systems within our body that have direct bearing on how well our body functions. One of the difficulties in many situations is determining how much of a decrease in physical activity or ability is directly related to these physiologic changes of aging, or to an underlying disease processes.

In this training manual, seven major organ systems will be briefly discussed: heart/blood vessels, lungs, kidneys, nervous system, glandular, muscular-skeletal, and stomach/intestines. If you would like additional information to supplement what is provided in this manual, you are directed to almost any textbook on geriatric medicine, or contact any one of our project faculty through the SPAHEN Office (216) 374-0800.

HEART/BLOOD VESSELS SYSTEM

About one-fourth of 80 year olds have normal hearts when they die. However, there are certain changes that do occur both in the heart tissue and the function of the heart. As we age, there is a reduction in heart muscle, primarily in the two lower chambers which are responsible for pumping blood away from the heart. This decrease in heart muscle is compensated for by an increase in fatty tissue, which plays no role in how well the heart muscle contracts. From a practical standpoint, the heart contracts more slowly than usual, and the movement of the normal electrical pulse through the heart is slower than normal. At rest, the older heart will function rather normally, but it is not able to respond as quickly and as well to sudden demands for increase in heart performance (ie, running away from someone, lifting a heavy load, shoveling snow, etc.).

Changes in aging also occur in our blood vessels, primarily our arteries. The vessel walls thicken with more fibrous tissue, and there is calcium deposited in the lining of the arteries. This results in a "less elastic" blood vessel, and an increase in blood pressure, primarily the higher number. It also means that the heart must pump a little harder to move the blood through these stiffer blood vessels. Furthermore, it takes longer for blood to flow through these stiffer vessels which may result in slower delivery of oxygen to our tissues, and in slower removal of waste products.

LUNG SYSTEM

Changes of aging occur both in our lung tissue and in the spine and ribs (referred to as the bony cage) that surround our lungs. In the lung tissue, there is a decrease in the "air sacs" or alveoli. There is also a loss of elasticity in the support tissue of the lung. This is caused by an increase in the amount of fibrous tissue. This increase in fibrous tissue also affects the ability of oxygen and carbon dioxide to move in and out of the blood stream into the lungs and vice versa.

The bony cage around the lungs is affected by osteoporosis (a thinning of bone from calcium loss) and deposits of calcium that occur in the ligaments around the spine and ribs as well as in the cartilage junction between the ribs and breastbone. From a practical standpoint, this means that the bony cage is "less elastic," and cannot move as rapidly in order to cause a more rapid exchange of air between the lungs and outside. The loss of elasticity within the lung tissue itself, loss of air sacs, and the loss of elasticity in the bony cage means that the respiratory system cannot respond as well to increased demands for oxygen as one might see in running, carrying, doing heavy work, etc.

KIDNEY SYSTEM

Kidney size decreases about one-third as we age. This is caused primarily by a loss in the number of nephrons, or filtering parts of the kidney. However, the function of each of these individual filtering mechanisms is unchanged. Because of the total reduction in the number of these units, there is a decrease in the kidney's ability to filter out undesired substances from the blood stream. There is also a lessening in the ability of the kidney to get rid of excess water.

The older kidney is also unable to concentrate the urine as well as a younger kidney. This along with the changes noted in the preceeding paragraph mean the kidney is less able to remove waste from the body. It also has more difficulty maintaining a normal water and electrolyte concentration in the body. Another major item of importance is that medications that are passed from our body by the kidney may accumulate in the body when given at dosages that a middle age person would normally handle without any difficulty. A major problem with the elderly is their easy ability to lose body water on hot, humid days. The kidney's ability to retain a lot of water to make up for what is lost through sweating cannot be accomplished as well in older individuals.

NERVOUS SYSTEM

A number of changes occur in the nervous system that affects our bodily function as we age. In the central nervous system (brain), there is a reduction in total brain weight due to loss of nerve cells. There is also a reduction in the number of interconnections among the various nerve cells, and an increase in a pigment that is deposited throughout the brain. Blood flow to the brain also decreases with age. As a result of these changes, tasks that require rapid and complex functioning of the central nervous system require more time to be completed. Fortunately, comprehension, vocabulary, and information stores are not affected as much with aging.

The special senses also undergo changes of aging. The focusing ability of the lens in the eye decreases because of loss of water content. Fortunately, much of this function can be compensated for by the use of glasses. There is also an excess accumulation of acid in the lens as we age which results in cloudiness that we refer to as cataracts. These cataracts scatter the light rays as they enter the eye which results in blurring of vision. These cataracts can be removed and relatively normal vision restored by the use of glasses. There is decreased blood flow to the retina, which is the portion of the eye that provides for sight. Because of this, deposits of certain chemicals occur in the retina causing a reduction in vision. Pressure in the front part of the eye also has a tendency to increase as we age which can lead to glaucoma which can decrease visual function.

Our ears are very sensitive to aging, especially in a society with a number of loud noises. The sensory cells in the inner ear, as well as nerve cells that conduct the impulses away from the ear to the brain, decrease with age. As a result, sound must be louder to be heard when we are older. Fortunately, this loss of hearing can be compensated with a hearing aid. Unfortunately, though, our ability to distinguish among various tones and sounds usually cannot be aided tremendously by hearing aids. Hence, one must speak slowly and distinctly when talking to older individuals with hearing problems.

Our number of sensors for both taste and smell decrease by about three-fourths as we age. As a result, our ability to taste and smell decrease significantly. Thus, odors have to be more intense to be appreciated, and more taste stimulation is needed to appreciate the same amount of taste enjoyed by younger persons. This can be a significant problem for older individuals, especially regarding sweetness and saltiness. This may cause an overuse of sugar or salt in individuals who should not be using very much of either substance. We all can appreciate that if we cannot taste food properly, eating may not be as pleasurable as it should be.

Our touch sensation decreases with age because the number of receptor cells for touch decrease. Hence, textures need to be more prominent to be appreciated. It is interesting, though, that the number of pain sensory receptors does not decrease with age, so we can still appreciate pain. However, because of the decrease in the ability of our nervous system to conduct these impulses to our brain, we may not appreciate pain as easy as at a younger age.

GLANDULAR SYSTEM

The glands in our body (pituitary, thyroid, parathyroid, pancreas, adrenals, and ovaries/testes) all play a major role in maintaining normal bodily functions. As we age, each of these organs has a decrease in function. This is related primarily to an increase in fibrous tissue in the gland as well as a decrease in the number of cells that produce the various hormones. In addition, each gland's ability to respond in a timely fashion to releasing its various hormones is decreased. The major effect of this is in two glands - the pancreas and the adrenal glands. In the pancreas, insulin response to sugar is not as quick as in a younger age group. It is released for a longer time than in a younger age group. The adrenal's ability to release adrenalin (the hormone that helps us respond to stress) also takes longer. The ovaries in women stop producing female hormone after menopause. In men, the testes continue to produce male hormone throughout life, but the amount produced decreases with aging.

MUSCULAR-SKELETAL SYSTEM

As we age, the total amount of muscle in our body decreases and is replaced by fat and fibrous tissue. It is the skeletal system that provides a rigid structure for attachment and function of our muscles. Also, there is a reduction in calcium in our skeleton called osteoporosis. This occurs much more frequently in women than men. Women lose calcium faster than men which makes their bones more brittle and more susceptible to minor injury. The results of these minor injuries are fractures which may affect the spine, the hips, and the wrists. There is a reduction in height, and an increase in stooping of our back.

There are also changes that occur with aging in our joints, (called osteoarthritis), which causes pain and limits movement. These changes may result in a decreased ability to move around as we age which can affect many of our other bodily functions.

STOMACH/INTESTINES

The gastrointestinal system includes the mouth, esophagus, stomach, and intestines. Their major role in our bodies is to provide energy in the form of food and liquids. Throughout this system, there is loss of functioning cells, a decrease in the normal liquids produced by the cells lining the gastrointestinal tract, and a decrease in normal motion. The ability of the gastrointestinal tract to provide adequate nutrients is thereby somewhat decreased. The reduction in motion may lead to constipation.

The liver is an organ that decreases in size as we age. However, normal liver function at rest is maintained. The liver's ability to respond to increased demands is lessened. The gall bladder, which stores bile, (a liquid which aids digestion), has an increased tendency to produce stones as we age. Poor tooth care in senior citizens can also lead to improper chewing which can affect digestion by the rest of the digestive tract.

OTHER FACTORS

There are a number of other changes in our body that occur with aging that may or may not have an effect on "wellness". Our skin becomes thinner, especially with a loss of support tissues under the skin. This can cause prominent veins in our arms and legs. The skin's ability to protect underlying tissues from injury is minimized. Hence, bruising is much more frequent in senior citizens. The sweat and other glands that are part of the skin also have a decreased function with aging. One's ability to sweat under hot conditions is decreased which can lead to an increase in body temperature.

Surprisingly, there is little change in our blood system until about eighty years of age. However, it takes the body longer to replace lost blood. There is a question whether our immune system's ability to fight off infections is decreased despite having normal amounts of white blood cells.

Perhaps the major impact of changes of aging relate to our body's ability to maintain normal functioning - so called homeostasis. We have already seen that many of the changes of aging affect our body's ability to react to stress of any kind. In addition to those changes, our body is less able to handle extremes of heat and cold. Hence, the importance of keeping proper temperature and humidity in one's home is very important for the elderly.

Because of the loss of some nervous senses, as noted above, it may be more difficult for us to keep our balance when stumbling or tripping. Hence, it is important that the environment of elderly people be free from obstacles.

Nervous system changes also affect our ability to hold our urine and stool. The elderly are less aware that their bladder is full or that they must move their bowels. "Accidents" may therefore occur in this age group, especially under stress, whether it be physical or mental. We learned earlier that there are a number of changes in our central and special nervous systems as we grow older. These can cause elderly people to become confused in new situations, or under stress. It is therefore important, when dealing with elderly individuals, that they be approached in a familiar setting.

A final area of major concern is that of nutrition and medications. Due to the changes in the gastrointestinal tract, the need for nutrition changes as we age. Also, there may be need for medication to treat disease processes in the elderly. As you will discover later in this manual, the nutritional needs of the elderly are different than that of other age groups. Also, one must be very careful when using medications in the elderly, because their effects can be quite different than that in younger age groups. Much more detail is available on these and other topics as you continue through this manual. As mentioned earlier, if you need additional information, find a textbook on geriatric medicine, or contact the Faculty for the "Well Elderly" Project through SPAHEN.

SAFETY ACTIVITIES - A Brief Overview

Rather subtle, but significant, bodily changes of aging can affect our ability to function day-to-day.

Fewer vision sensors means that brighter light is required for us to see well, and it takes longer for our eyes to adapt to different levels of light. We require more loudness of sound to make up for the decreased number of hearing sensors. Our sense of smell decreases which means that odors must be stronger or closer to the nose in order to be appreciated.

A loss of taste buds means that additional seasonings may have to be added to our food to enjoy that same amount of taste. Our touch sensation decreases, therefore, we do not appreciate hot and cold temperatures as well as we used to and variations in textures must be more pronounced for us to appreciate them. Our sense of balance is also lessened by poorly functioning sensors of position.

Due to the loss of some of these senses, it takes our body longer to react to changes in our environment than at a younger age when our senses are more intact. In addition, our body systems lose much of their reserve capacity as we age. Hence, small changes to one of our bodily systems may cause a large change in that particular organ's function (eg, breathing, heartbeat, digestion, etc.). This is referred to as a decrease in homeostasis, or our body's ability to maintain its normal state.

As a result of these changes, there are some very practical aspects of living when we are older that should be taken into account. First, small objects (eg, children's toys) that may be lying in the middle of a floor could cause one to trip and fall. If one adds a low level of light to that room, the ability to see the small objects may even become worse. Well-waxed floors, or throw rugs without rubber backing may also cause a slippery walking surface that could result in falls.

Dark stairways can easily cause a trip while going up or down stairs that could result in a fall. To assist our lessened sense of balance, stairways should have handrails and grab bars. Properly-fitting shoes and slippers may also protect our feet from chairs, walls, and other pieces of furniture.

It is very important to have proper lighting, proper footwear, presence of handrails, and non-slippery floor surfaces in the home. One of the most serious injuries that can occur to a senior citizen is a fall in the home, resulting in a hip fracture. One-half of such accidents in the home, causing hip fracture, can be prevented by proper lighting, non-slippery floor surfaces, handrails, and a clear floor. Hip fractures are a common cause of injury in senior citizens. Approximately half of those with hip fractures wind up in nursing homes because they are unable to resume their previous level of independent activity. Of those that are able to return home, their ability to live independently is lessened, but not to the level that requires complete dependence on others. The psychological impact for such individuals can be even more devastating as they feel a loss of self worth.

Decreased response time can lead to slower reactions when a senior citizen rides or drives in a car. Although driving above the speed limit can be dangerous to anyone, it is even more dangerous for a senior citizen whose reactions are slowed. Also, a senior citizen who has had only one drink can further decrease his/her already reduced reaction time.

Three common concerns of senior citizens are their health, their feeling of safety and security, and their financial state. The issues noted above affect the ability of senior citizens to stay healthy. "Mental health" of senior citizens can be affected by a number of items. Perhaps the most important is one's feeling of self worth. Dependency on others for maintenance of health and activities of daily living can lead to a feeling of poor self worth and depression.

Security includes feeling secure at home, feeling safe from crime or injury in one's own neighborhood, and being able to call emergency health services when needed. While some communities (including Akron) have readily available emergency medical services by phone, many communities in the United States do not have these services. One should keep emergency phone numbers by the telephone and devise a plan for handling an emergency in the home. A call from a neighbor or relative on a regular basis to a senior citizen's home can help the senior citizen feel secure.

Unfortunately, though, there are still a number of emergencies that can occur in the home (eg, falling down steps) which could cause the senior citizen to be unable to get to a phone. Fire is another cause of insecurity in the home. While all homes should have a smoke detector, it is even more important in homes of senior citizens since they have more trouble smelling smoke. An identification tag or bracelet to indicate special health problems (eg, diabetes, heart condition, etc.) would be helpful to senior citizens.

Many of our senior citizens are forced to live on low, fixed incomes. As a result, they may attempt to cut costs by lowering their thermostats in wintertime to dangerously low levels. As mentioned previously, our body's ability to maintain its normal state is decreased as we get older. This means that it would be hard to keep a normal body temperature at significantly high or significantly low temperatures.

Hot, humid days in the summertime or cold days in the wintertime can put too much stress on our bodies and cause death. Senior citizens should not overdress when it is too hot and humid and not underdress when it is very cold. Additional layers of clothing, blankets on beds, and keeping the house temperature above 65 degrees in the wintertime should be stressed. Many communities have assistance programs for senior citizens unable to afford utilities.

A senior citizen's home should be a safe and secure place. Paying attention to many simple things as noted above can enhance safety and security without spending a lot of money.

NUTRITION

Training the Co-Trainers

1. Each Co-Trainer will be given a manual and a study guide. When she/he becomes familiar with the manual's content, she/he will complete the written work in the study guide. The study guide will consist of the following:

    1. List and explain common physiological changes which affect the nutrition process.

    2. Explain nutrient needs of the well elderly and suggest effective means of adapting intake when changes occur.

    3. Identify six eating behaviors which are contra-indicated for maintaining good health in the elderly.

    4. Describe modifications in food preparation which will result in fewer calories, less sodium intake, less fat intake, and/or reduce cholesterol intake.

    5. Identify five nutrition resources in the community.

2. Using the study guides, Resource Faculty will assess Co-Trainers' understanding of content in the manual as it relates to nutrition.

3. Following the assessment, Resource Faculty will develop individual teaching plans for each Co-Trainer and will assure the essential learning through appropriate discussion, provision of other resource material, and additional questions for study.

4. Co-Trainers will problem-solve case studies and the Resource Faculty will evaluate their solutions as a means of determining their competence.

Training the Trainers

1. Each Trainer will be given a manual and a study guide which will contain the following activities to be completed in writing:

    1. List and explain common physiological changes which affect the nutrition process as one ages.

    2. Identify six eating behaviors which are contra-indicated for maintaining good health in the elderly.

  3. Identify the basic four food groups and match foods to each group when given a list of various foods.

  4. Identify five nutrition resources available in the community.

2. Resource Faculty will assess Trainers' knowledge and assist their further learning if necessary.

3. Trainers will be given a care plan and shown how to implement it with a particular client.

Expected Behaviors - Co-Trainers

1. Co-Trainer will assist the Trainer to implement the care plan developed by the Resource Faculty (Co-Trainer must not deviate from the plan without consulting Resource Faculty).

2. Co-Trainer will assist the Trainer to gather additional data with which the Resource Faculty can develop further the plan of care.

3. Co-Trainer will consult with and refer to the Resource Faculty all issues not addressed by the care plan.

Expected Behaviors - Trainers

1. Trainer will (without deviation) implement the plan of care developed by the Resource Faculty.

2. Trainer will gather data and refer all questions and concerns to the Co-Trainer or Resource Faculty.

3. Trainer will set an example for peers by eating appropriately.

4. With the help of the Co-Trainer, Trainer will plan effective teaching which will inspire elderly "pupils" to improve their diets.

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Nutrition - Section I

Introduction - Nutrient Needs

There are not many studies about nutrition and the elderly, but there is evidence to support the relationship between nutrition and healthful living in the elderly.

Nutritional surveys of the elderly have shown nutrient deficiencies or an increased risk of deficiencies in both institutionalized and at home groups. A low quality of nutritional intake appears to influence a functional decline in a wide variety of organs. Nutrition also may be an important factor in the loss of muscle and bone, and an increase in fat tissue. Nutrition is linked to many long-term diseases common among older adults.

Several factors cause changes in food choices and variation in the use of food as individuals age. These factors are:

1. social circumstances, including living alone and decreased physical activity;

2. a decline of body functions, particularly of the digestive system and senses of smell and taste;

3. presence of chronic degenerative diseases; and

4. drug- and alcohol-related nutrient deficiencies.

Because of a decrease in physical activity (the elderly tend to do less) and a decrease in the need for energy (there is a decline in functioning body cells), the number of calories should be reduced gradually as persons become older. Total calories should be adjusted to a level that will prevent overweight and underweight. Evidence suggests that weight is highest in the sixties and declines slowly after that, but this hides the loss of muscle and the increase of fat. The average man is expected to lose half of his lean tissue by age 70.

The proportion of body fat to body weight increases with age. It would be desirable to minimize this change by maintaining a desirable body weight for height throughout life.

The problem of overweight in older adults is not that they eat too much, but that they eat the same amounts as they did when they were younger and more active. Likewise, many of the elderly over 75 years of age are at great risk of becoming underweight and undernourished.

Being underweight also can shorten the life of the elderly and should be avoided.

Current Recommended Daily Allowances (RDA's) for the elderly are largely based on estimates taken from young adult studies. Until sufficient research with the elderly supplies more facts, we need to rely on these estimates.

In the elderly, protein, vitamins, and mineral allowances remain the same as for younger adults. But since the need for fewer calories may threaten protein, vitamin, and mineral intake, a careful selection of foods full of nutrients must be eaten.

Protein

Evidence suggests that elderly persons use dietary proteins less effectively for building new tissue and storing reserves. The minimum protein needs of older persons appear to increase slightly as we get older.

Because all essential amino acids must be present and available to the body tissues at the same time and in proper proportion for use, some degree of regularity must be established in presenting a balance of protein intake.

Approximately 12 to 15% of daily calories should come from protein. This equals two glasses of skim milk and a medium sized (3 ounces) portion of meat or meat alternate.

Carbohydrates

Usually, carbohydrates (sugars/starches) provide at least 50% of the total calories in the food we eat. Anywhere from 50% to 75% of total calories should come from carbohydrates.

When dietary carbohydrates are reduced, several things can happen. First, loss of protein from lean tissue will occur to make up the calorie loss. This keeps blood sugar concentration at appropriate levels. Second, to supply energy, a breakdown of fat may occur, and this increases blood cholesterol and triglycerides. Third, a significant loss of salt and water through the kidneys may take place with the possibility of dehydration and renal damage.

Refined carbohydrates such as sugary foods should be used sparingly in favor of complex carbohydrates with fiber, such as pasta, cereals, and breads.

Fats

An elevated blood cholesterol can be lowered by reducing the total fat intake to less than 35% of total calories; eating less saturated fats and cholesterol; and substituting polyunsaturated vegetable oils for some animal fats.

Research shows that reducing blood cholesterol levels can reduce the possibility of heart disease. However, whether lowering blood cholesterol concentrations in the elderly would have such a beneficial effect is questionable.

Too much fat in the diet can cause breast and colon cancer and lead to becoming overweight. Therefore, only 30 to 35% of total calories from fat is recommended in daily food intake. One-third of the day's fat intake may come from animal foods (milk, eggs, meat); one-third from foods such as fish and nuts; and one-third from plant foods and oils (corn oil, safflower margerine).

Vitamins

Vitamins are required throughout life to allow the body to function efficiently. Lack of any particular vitamin may hinder vital body processes. Unfortunately, the diets of many elderly persons do not contain the necessary vitamins that foods can supply.

Thiamine, vitamin C, folate, and vitamin D are nutrients most likely to be lacking in the elderly.

Foods which contain these vitamins are A and D fortified milk, breads and cereals, green leafy vegetables, citris fruits, and beans.

Use of drugs may affect vitamin K, which is normally made by the intestine. Good food sources of vitamin K include alfalfa sprouts, dark green leafy vegetables, the cabbage family, soybean oil, whole wheat bread, liver, eggs, and cheese.

Among elderly people who eat enough of the right foods, there is little evidence that vitamin pills need to be taken. However, a diet with less than 1500 calories, especially if the foods are not chosen in balanced amounts from the four basic food groups, is likely to be missing some vitamins. Under these circumstances, taking a low-level, appropriate vitamin pill may be justified.

Minerals

Most minerals are well distributed in food with the exception of iron and calcium.

Calcium intake and absorption are greatly reduced in the elderly. This results in the large number of skeletal problems in this age group, and women are particularly affected. A National Institutes of Health Consensus Conference recommended daily calcium intakes of 1500 milligrams for elderly women. Other measures to prevent bone problems are:

* Consume an adequate but not excessive supply of vitamin D -

400 International Units per day and regularly get out in the sun.

- Get some regular exercise (walking, swimming, bike riding, dancing, etc.).
- Avoid too much caffeine and alcohol.
- Do not smoke.

The usual cause of a lack of iron is a combination of poor dietary iron intake plus continual blood loss, and poor absorption or poor use of iron by the body. Those who are poor or those with unusually poor diets would be at high risk. When poor iron intake is the cause of iron deficiency, iron-containing foods such as fish, poultry, meats, peas, beans, nuts, and eggs should be eaten regularly. A good supply of vitamin C will help the body absorb iron better.

Water

Water or fluid is not often thought of as food but probably is the most important single thing required by the body. At least two quarts of fluids should be drunk daily. The feeling of thirst will generally cause a person to drink enough fluid, but elderly individuals may lose this feeling.

Assessment Questions

1. I eat at regular times of the day.

Eating at regular times during the day is important to keep one from becoming too hungry, to provide energy, and to prevent overeating at any one time. Some people think that skipping meals will lower the number of calories taken in on a given day. However, people who skip a meal (often breakfast) actually consume more calories per day than those who eat at least three balanced meals per day.

2. I eat a balanced diet daily.

Since energy needs decrease as one ages, it becomes increasingly important to select foods that will provide the necessary nutrients in a low calorie form. A diet which follows the Basic Four Food Group guidelines and is chosen from a variety of foods will provide such a balanced diet. Foods which are high in calories but contain few nutrients, called low nutrient-dense foods (soda pop, candy bars, potato chips, etc.), provide calories but do not provide important nutrients such as iron, protein, calcium, and vitamins which are often lacking in the diet of elders.

3. I snack between meals.

Snacking is a popular past time and frequently occurs in the evening. Snacking can have a positive effect on the nutrient content of the diet as long as snacks are carefully chosen and considered as part of the total daily food intake. For some individuals who have difficulty consuming large portions of food at one time, snacking can be good. Snacking becomes a problem, however, when the food choices are high in calories and low in other nutrients (low nutrient-dense foods), when snacking occurs while one is watching television, or when one is on a special care diet in which one is to eat only at certain times of the day. It has been shown that the overall quality of the diet goes down as the number of calories from snacks increases.

4. I eat processed or pre-prepared foods 5 or more times a week.

Convenience foods which are carefully selected can add to one's nutrient intake. However, many convenience foods are high in fat, sugar, and salt; often times, these foods do not have a good supply of vitamins and minerals due to their highly processed state.

One should read the label to determine if a food is high in sodium (salt). Look for words such as salt and sodium on the ingredient list. Also, look for a nutrient listing to determine what other nutrients are present in the food. The nutrition label will indicate the percentage of the United States Recommended Daily Allowances (U.S.R.D.A.) for a variety of nutrients. One should aim for 70% of the U.S.R.D.A. each day for all nutrients except calcium, which for older women and men should be more than 100% of the U.S.R.D.A. (preferably about 125% each day).

5. I eat three meals a day.

(See answer to Question #1)

6. I cook my own meals.

If one is not preparing his/her own meals, it is necessary to determine who is doing the meal preparation or where the person is eating the meals. It is useless to talk to an individual about meal preparation if the person does not have control over how their meals are prepared. For the individual who has someone else doing the meal preparation, it is necessary to talk about changes in food preparation with the person actually preparing the food. If the individual eats out or away from his/her room (ie., in a restaurant or dining room), discuss how to select the appropriate foods from the menu.

7. I eat alone.

Eating fulfills social as well as bodily needs. A person who eats alone may not feel motivated to prepare nutritious meals. Individuals who live and eat their meals alone have less of a variety of foods which they eat compared to those who live with a spouse or other family members; those living and eating alone are more likely to not eat the right amounts of certain vitamins including some of the B vitamins and vitamin A.

8. I avoid foods that are healthy because of cost.

Surveys have suggested that there is a relationship between income and the adequacy of the diet. Older persons in a low income tend to eat less food and are more likely to not eat enough protein, iron, and vitamins than their peers who have a higher income. Using money available for food wisely is very important. Often, high carbohydrate foods are purchased in place of fruits and vegetables which are rich sources of vitamins A, C, and folacin (a B vitamin).

9. My appetite is affected by: decreased taste, loss of teeth, dietary restrictions, loneliness.

Most independent elderly persons consider their appetite to be good to excellent. However, appetite can be affected by a number of factors which can often be changed to increase the appetite.

Taste sensitivity to sweet, sour, salty, and bitter flavors decreases after age 55 in both sexes and is more likely to occur in persons who are heavy smokers. The wearing of dentures or the use of certain drugs may also contribute to a change in the taste of food. Many times, this leads to decreased eating enjoyment and the over salting of foods. The use of no-salt seasonings and flavor enhancers will make eating more enjoyable for older persons.

Dentures that do not fit correctly, periodontal (gum) disease, or loose teeth may cause pain while one eats which decreases one's appetite and enjoyment of food. A dental exam and treatment is needed in such cases.

Dietary restrictions, especially salt, fat, and sugar restrictions, may result in a lack of appetite due to a blandness of the food. Seasoning foods and making appropriate recipe suggestions can increase appetite and restore interest in eating.

As was mentioned earlier, mealtime is a time for socializing; when one is eating alone, the social needs are not met. Joining group eating programs or inviting friends to share meals helps individuals to not only obtain nutrients, but to enjoy one another's company. This, too, may increase appetite and result in an improved dietary intake.

10. I eat out 1 or 2 times a week.
11. I eat out more than twice a week.

Eating away from home can provide a great deal of pleasure and can have a positive impact on one's nutrient intake if foods are carefully selected. However, it may be difficult to follow some dietary restrictions, such as low salt, low fat, and low cholesterol intake if one eats out too often. Choosing the proper food when one eats out is very important.

12. I drink 6 to 8 glasses of water a day.

A large percentage of the body is water. Water is important in maintaining body temperature, keeping the body's cells healthy, and transporting wastes and nutrients. Since water is lost each day in the urine, by breathing, and by perspiration, it is important that one drink enough fluids to replace those losses. Usually as one loses body water, one becomes thirsty; however, in older persons, the sensitivity to dehydration decreases and they may not become thirsty.

Some older persons may need to get up in the night to urinate or may not be able to control their bladders. As a result, they may avoid drinking many fluids to prevent unpleasant problems; this can lead to dehydration.

A general recommendation is to drink 6 to 10 glasses of fluids per day including coffee, tea, milk, soda, juices, etc. In hot weather or during illness, be sure to drink even more fluid each day.

13. I take time to sit down and enjoy a meal.

A relaxing meal can let a person enjoy the sight, smell, and flavor of foods. This increases the flow of digestive juices and can help in digestion. Slow chewing and tasting also is important. Eating can thus become a pleasurable occasion.

14. I take vitamin/mineral supplements.

Elderly people who eat enough food do not need to take vitamin and mineral pills. However, the tissue reserves of some nutrients may lessen, thus requiring a constant adequate supply. It is difficult to meet the R.D.A. when only 1500 calories are eaten daily. Individual needs, as well as the R.D.A. standards, must be considered when taking vitamins and minerals.

15. I add salt to foods after preparation.

The Senate Select Committee on Nutrition states that we eat too much salt. Foods which contain salt, and the salt used in cooking, supply our daily need for salt. The decrease in taste buds can make foods taste less flavorful. Other seasonings such as pepper, lemon juice, basil, oregano, etc. can be used instead of salt.

16. I drink less than 3 caffeinated beverages per day.

Caffeine is a powerful stimulant which can lead to increased heart rate, sleeplessness, irritability, nervousness, and increased blood cholesterol and fats. Drinking decaffeinated beverages, which are readily available today, is a good alternative.

17. I drink less than 2 alcoholic beverages per day.

Alcohol is a food, a drug, and a poison. As a food, alcoholic beverages only provide calories. Alcohol, as a drug, acts as a depressant, affecting all body organs, and alcohol is directly poisonous to many body organs and tissues. The effects of alcohol on the digestive tract may cause problems in digestion and absorption. Poor digestion and absorption can lead to malnutrition.

18. I eat or drink when I feel tense.

Eating or drinking under stress may lead to poor nutrition and weight gain. Chances are, the food choices made at these times are likely to be sweet or salty snacks or fast foods. Eating in this way may lessen a desire for meals and result in a poorly balanced diet.

19. I read food labels.

Food labeling lets a wise consumer select appropriate nutrients for the diet. The label lists the ingredients in the food according to its percentage, with the largest ingredient listed first. The percentages of various R.D.A.'s also are frequently listed. On many products, the number of calories are listed.

20. I know the difference between saturated/unsaturated fats.

Saturated fats are rather firm in consistency (e.g. lard, butter, beef fat, and stick margerine in which the first ingredient is a "hydrogenated" oil, etc.) Also, fats from animals are usually rich in cholesterol. It is necessary to limit saturated fats and cholesterol in order to prevent heart disease. Monounsaturated and polyunsaturated fats may help to reduce fatty build up in the blood vessel walls. Limiting all fats to 30-35% of the diet also decreases the risk of becoming overweight.

21. I include high fiber foods in my daily diet.

Because fiber can absorb water, a high fiber diet prevents or relieves constipation through increased volume and speed of movement of materials in the colon. This also reduces the concentration and exposure time of intestinal tissue to cancer-causing substances. Thus, a high fiber intake is thought to be protective against colon cancer. Because fiber bends with cholesterol and bile acids, there is also evidence to suggest a potential beneficial effect of a high fiber diet in preventing heart disease by lowering the blood cholesterol level. In addition, dietary fiber may be important in regulating the blood sugar level and in staying at a normal weight.

22. I eat deep green or dark yellow vegetables 3 to 4 times a week.

These foods contain substances from which the body can make vitamin A, an essential nutrient which aids in vision, healthy skin and mucous membranes, and a variety of body processes. These fat-free carbohydrates are excellent food choices.

23. I avoid fried and fatty foods.

A high fat intake leads to weight gain and heart disease. Reducing fried and fatty foods reduces calories and other health risks.

24. I include foods from the cabbage family in my daily meals.

Cruceriferous vegetables (mustards, cabbages, cresses) are believed to reduce the chances of getting a variety of cancers. As low calorie, nutrient-dense foods, they are recommended in a good diet.

25. I eat fish and chicken at least 4 times a week.

Fish and chicken are high protein foods which are low in fats and calories. Therefore, they should be eaten in place of high fat, high calorie red meats for several major meals each week.

26. I am overweight.
I am underweight.

How one sees his/her body weight may be different from that of the person's ideal weight. If someone thinks that he/she is overweight, when he/she is actually underweight, it will be very difficult to encourage the person to eat more. Such an individual should be referred to a dietitian or physician for counseling.

27. If I had questions about nutrition, I would ask: a doctor, a nurse, a dietitian, a nutrition store, rely on magazines.

Health food stores, health spas, and magazines are not appropriate sources for reliable nutrition information. A registered/licensed dietitian, registered nurse, or physician would be the best resources. Nutrition is a science and, therefore, requires the proper education to qualify one to provide accurate nutrition advice. In the Appendix, there is a list of places to contact for nutrition information in Summit and Portage Counties.

28. I know which foods I should avoid or eat in larger quantities because of medications I am taking.

Medications can be affected by food intake or can affect one's nutritional status. It is very important to be aware of the potential interactions among foods, nutrients, and drugs that can complicate dietary and drug therapy. If one is taking medications and is unsure of the dietary considerations related to the medications, consult a dietitian, pharmacist, or the physician prescribing the medication.

Changes and Interventions

Change: Tooth loss leads to a decreased ability to bite and chew.

Intervention: 1. Include easy to chew foods such as fish, cheese dishes, peanut butter, eggs, pod vegetables, some pre-packaged dinners, canned fruit and vegetables.

2. Serve hard to chew foods such as whole meat, fresh fruit and vegetables in minced, chopped, or cubed form: cubed meat may be served in a soup casserole or stew.

3. Add dry skim milk powder to increase the protein content in foods such as: cooked cereal, cream soups, puddings.

Change: Decreased saliva and decreased nervous and muscle control lead to difficulty in swallowing.

Intervention: 1. Increase moisture by increasing fluid intake and serving moist foods: meat with broth or gravy, vegetables and potatoes with cream sauce, salad dressing.

2. Provide sips of water with solids.

3. While eating, keep the head well up to help in swallowing.

Change: Sensory decline leads to decreased sense of taste and smell and inability to tell the difference between odors.

Intervention: 1. Use of herbs and spices high in flavor: mustard, horseradish, onion.

2. Serve foods at the best temperature for taste perceptions: hot or warm foods increase aroma and make up for decreased taste.

3. Increase food odors with artificial flavors.

4. Chew foods well to release more particles to come into contact with tissues responsible

for taste and smell.

5. Switch around from food to food while eating to keep from becoming used to the taste.

6. Use different food textures to partially compensate for losses in sharpness of taste and smell.

Change: Lessened hand and arm coordination, movement limitations, and poor vision leads to decreased ability to shop for, prepare, and eat food.

Intervention: 1. Provide foods, utensils, and assistance with feeding according to their ability: finger foods, lightweight dinnerware mugs with large handles, a damp towel or sponge under trays and glasses to prevent slippage, arm support (pillows or armchair) while eating.

2. Arange kitchen equipment and utensils for easy access.

3. Provide cookbooks with large print.

4. Investigate "Meals on Wheels" and homemaker services.

Change: Decreased ability to break down and absorb food: decreased stomach acid, decreased enzymes which digest protein, decreased special substances which assure absorption of vitamin B12, less efficient protein digestion, less calcium absorption, increased heartburn, gas, and bloatedness.

Intervention: 1. Stress proper chewing.

2. Try small frequent meals.

3. Identify individual foods that are difficult to digest: fatty foods, gas formers.

Change: Decreased movement of blood and oxygen to tissues leads to lessened ability to nourish cells and remove wastes.

Intervention: 1. Discourage routine use of laxatives.

2. Eat meals at regular times.

3. Increase fluids, especially prune juice.

4. Increase fibrous foods.

5. Serve raw vegetables. Shred, if necessary.

6. Try raw fruits - peel, slice, and cube.

Change: Decline in body's use of energy to maintain life (16% from age 30 to age 70).

Intervention: 1. Gradually reduce calorie intake.

2. Avoid foods which supply only calories such as sugary snacks and soda.

3. Reduce fats and sweets.

4. Focus on foods with many nutrients.

5. Increase exercise such as walking, bike riding, swimming, etc.

Change: Digestive system and kidney function decreases leading to constipation and fluid imbalance under stress.

Intervention: 1. Increase total fluids.

2. Space fluids throughout the day and evening to decrease work of kidney.

3. Drink two liters of liquids daily but increase one to two more if fluid loss is excessive. Use juice, soup, pop, diet sodas, coffee, tea, and jello.

Change: Low income.

Intervention: 1. Inform about low-cost, nutritious foods and money saving shopping techniques. (Handout)

2. Discuss eligibility for food stamps and encourage their use.

3. Investigate food buying cooperatives and group feeding centers.

4. Check on reduced bus fares and shopping buses - SCAT.

5. Use hot pot or crock pot one-dish meals, or a hot plate where a kitchen is not available.

Change: Living alone.

Intervention:

1. Plan meals on a structured basis.

2. Play music, read a magazine, eat by a window with a view.

3. Invite a friend or neighbor to share one meal a day.

4. Form a community eating group or club.

Change: Long time habits.

Intervention:

1. Use diet history to determine food preferences.

2. Approach changes slowly by building on positive habits rather than suggesting extreme changes.

3. Make the most of nutrition interest by focusing on sound understanding of facts. Involve elderly in planning.

4. Evaluate the meaning and possible results of fad diets to the client. Don't ignore possible danger of fads. Use the client's interest to improve nutritional eating.

EXERCISE

Behavioral Objectives

The Trainers and Co-Trainers will:

1. Explain the importance of exercise in lifestyle of aging individuals.
2. Demonstrate each of the Ross assessment measurements.
3. Given the information from the medical history, physician's examination, wellness assessment, Ross procedures, and BXT, if available, develop the exercise prescription for the individual.
4. Discuss the importance of intensity, frequency, mode, and duration in the exercise prescription.
5. Explain how the MET is related to the exercise prescription.
6. Discuss the components of the exercise session.
7. Demonstrate how the intensity of the exercise is controlled during exercise.
8. Explain how the exercise heart rate is determined for a given individual.
9. Explain the difference between high and low intensity exercise.
10. Demonstrate slow stretching exercise.
11. Assess the participant using the Exercise Assessment Form.
12. Explain a given exercise prescription to the individual.
13. Explain the importance of a routine exercise program.
14. Explain how stair climbing is beneficial to the participant's exercise program.
15. Explain the relationship of activities of daily living and participating in an exercise program.
16. Demonstrate the pulse count.
17. Explain and demonstrate the various types of exercises that would be employed during each of the three phases of the exercise session.

exercise session.

18. Explain the possible influence of exercise upon high blood pressure.

19. Explain the role of the participant's physician in his/her exercise program.

20. Explain the relationship between exercise and a participant with renal disease.

21. Explain the role of exercise in the lifestyle of a person with glucose intolerance.

22. Explain the exercise limitations associated with the participant suffering from heart failure.

23. Explain the importance of exercise participation in the care of those individuals suffering from osteoporosis.

24. Demonstrate the exercises used with a participant experiencing coordination problems.

25. Demonstrate working with the hearing impaired exercise participant.

26. Explain the room requirements for participants experiencing impaired vision.

Do Not Exercise

When the following conditions are presented in an individual's medical examination or history, they should exercise only under medical supervision:

1. Ischemic heart disease
2. Significant hypertension
3. Mitral valve disease
4. Tachyarrhythmia
5. Bradyarrtythmia
6. Significant rhythm disturbance
7. History of myocardial infraction
8. Anginia pectoris

9. Congestive heart failure
10. Insulin therapy
11. Vasodilating medications

During exercise, if the following signs should appear, stop the exercise immediately and consult the participant's physician:

1. Nausea
2. Pain
3. High heart rate
4. Shortness of breath
5. Chest pain or tightness
6. Pounding of the heart in the chest
7. Light headedness or dizziness
8. General weakness

Implementation

The participants should be introduced to the Trainers and Co-Trainers and given an explanation of the exercise program.

After completing the wellness assessment, the Ross Laboratories measurements are obtained from each participant. At this point, the individual's exercise prescription is explained. Each participant is introduced to the concepts of:

1. frequency
2. intensity
3. type of exercise
4. duration

During the second session, the Trainers and Co-Trainers will introduce each participant to his/her own exercise prescription. At this time the counting of the pulse rate is introduced. Each participant takes his/her own pulse rate while seated on a chair, after standing for 30 seconds, and following a two minute walk around the exercise room.

Once the participants are capable of obtaining their own pulse rate, the calculated individualized exercise heart rate is given to each participant. Participants then practice taking their pulse following a variety of activities.

The components of the exercise session are introduced:

1. Warm-up

2. Cardiac stimulus

3. Cool down

The Trainers and Co-Trainers introduce the types of exercises used with each phase.

If at any point in the exercise program a person should experience signs that are listed under the "Do Not Exercise" section, advise the participant to stop exercise, rest, and consult his/her physician. Each participant is encouraged to select activities that he/she finds enjoyable and fun. Additionally, the Trainers and Co-Trainers should develop a social network among the participants. This network will promote the motivation to attend the exercise sessions. Each participant must find a social commitment in the program participant. If not, the program attendance will drop after a few weeks. The basic task of Trainers and Co-Trainers is to maintain each participant's interest and motivation at a high level. This will insure the success of the program.

The Ross Laboratories measurements are obtained after each six week interval of the program. In this manner the participant's objective measurements will indicate the success of their exercise efforts.

Exercise Physiology - Section I

Exercise Introduction

No longer do we view the elderly as being frail and ill. Both the laymen and professionals are accepting the importance of exercise in the lifestyle of aging individuals. Some older adults will no longer allow chronic disease to restrict their personal commitments to daily exercise and a quality lifestyle. This phenomenon can be observed in the availability of television programs promoting the importance of exercise for the elderly and the many older adults participating in walking and exercise groups conducted in the various shopping malls across the country.

This increased participation on the part of the older adults has encouraged those possessing excellent fitness levels to establish outstanding achievements in Masters and Senior Olympics competition. The documentation of such achievements has motivated the Alberta Recreation and Parks, in conjunction with the Alberta Council on Aging and the Edmonton Senior Citizens Recreation Association, to develop and publish the Senior Citizen Sports And Games Manual. Aging individuals present a variety of physical abilities, from the simple range of motion activity to high intensity efforts observed in competitive events.

Impact of Exercise

As we move to promote the lifestyle of physical activity and wellness among the elderly, it is important that we understand the impact of routine exercise upon the older adults. Among the elderly, regular exercise has little influence upon the resting heart rate and blood pressure. Prolonged endurance exercise training results in a 10% to 15% increase in peak oxygen consumption, cardiac output and cardiac stroke volume. Endurance training will also increase the ability of the individual to tolerate exercise such as walking, biking and prolonged swimming. These improvements in physical tolerance will become evident within 10 to 12 weeks of conditioning. The lowering of the blood pressure appears to be an additional consequence of several weeks of exercise conditioning among aging individuals. Many times the circulatory and heart functions of the well conditioned aging athletes will exceed those of the inactive 25 year old individual.

The relationship of age and exercise conditioning relative to the increase in muscular strength is relatively constant across the life span, when comparing the percentage of improvement. Multiweek exercise programs have indicated an increase in knee extension strength of 8 to 22 percent. This increase in muscular strength with endurance exercise does not result from increase in size of the muscle fibers, but from the increase in the number of muscle fibers stimulated during the muscle contraction.

Body composition changes are often associated with endurance training. These changes approach 15 to 17 percent decreases in the measured skinfold sites. Additionally, the bone mineral content will increase with endurance training, which may provide a degree of protection against osteoporosis. Routine exercise programs maintain flexibility of the various joints about the body including the back, hips, and neck.

Thus, the above changes derived from extended endurance conditioning indicates that exercise may have positive benefits to the health of older adults. It is for these reasons that exercise is often recommended for the elderly.

The below listed Ross Laboratories recommended measurements assess the current status of the aging individual and ascertain the degree of improvement that may result from the wellness program.

The Assessments:

1. Body weight (kg.)
2. Stature (cm./in.)
3. Midarm circumference (cm.)
4. Knee height (cm.)
5. Triceps skinfold (mm.)
6. Suprailliac skinfold (mm.)
7. Subscapular skinfold (mm.)
8. Stature predicted from knee height (cm.)
9. midarm area (cm2)
10. Wt/S2 index

The second component of the assessment involves the evaluation of the self reported history, wellness assessment, and physician's examination. For those older adults desiring to participate in high intensity exercise (jogging, skiing, biking, and swimming), the exercise stress test is recommended.

Participants who show, in their medical history or physical examination, evidence of the following conditions should be excluded from the exercise test and exercise program:

1. Ischemic heart disease
2. Significant hypertension
3. Mitral valve disease
4. Tachyarrhythmia
5. Bradyarrtythmia
6. Significant rhythm disturbance
7. History of myocaridial infraction
8. Anginia pectoris
9. Congestive heart failure
10. Insulin therapy
11. Vasodilating medications

Exercise Prescription Development

Using the Wellness Assessment, Ross Laboratories' procedures, self reported medical history, physical examination and, if available, the exercise test results, the quality and quantity of exercise may be suggested for maintaining or improving the health of the older adult. The derived exercise prescription is presented in the following format:

1. Frequency of Exercise (days/weeks)
2. Intensity of Exercise
   a. Low intensity (heart rate is not greater than that experienced during normal living activities)

   OR

   b. High intensity (swimming, jogging, skiing, and biking activities)
3. Duration of each exercise session (minutes)
4. Mode of exercise (types of exercise selected by the participant)
5. Initial Fitness Level of the participant (mets)

Because of the great variation in physical capacity of the aging individuals, the general practice of applying exercise to the group should not be pursued. In other words, the physical activity program for older adults should be individualized.

Frequency

The frequency of exercise for the healthy older adult initiating an exercise program should consist of two exercise sessions per week. As the individual becomes more comfortable with the exertion level, an additional day per week may be added. Be aware that as the frequency increases beyond three to four days per week, the opportunity to experience injuries also increases.

Intensity of Exercise

The intensity of exercise is controlled by the individual's cardiovascular reaction to exertion (heart rate). For most older adults, the desired heart rate is about 110 - 120 beats per minute. From the peak heart rate of the graded exercise test, the desired intensity may be calculated as 60-65% of the maximum. If the exercise test was not obtained, the maximum heart rate may be estimated by subtracting the age from 220. As the individual fitness capacity advances, the intensity of the exercise may be increased by using 70-75% to calculate the exercise training heart rate.

Duration of Exercise

The duration of each exercise session is dependent on the initial fitness level of the individual. For those with low fitness, each session will last 10 to 15 minutes. As the level of fitness increases, the individual can gradually increase the duration of each session by a few minutes each day. After a high level of fitness has developed and the individual finds enjoyment in physical activity, the individual's lifestyle will dictate the duration of the sessions. Sixty (60) minutes is the suggested maximum duration for an exercise session.

Type (Mode) of Exercise

The type of exercise is the individual's choice. Other factors that are involved in the selection of exercises are the availability of facilities and the weather conditions necessary to accommodate the selected activities. Regardless of the exercise selected, the individual must find the exercise exciting and fun. If not, the exercise will become boring and interest will drop. Always vary the types of exercise to combat the boredom.

Environmental Conditions

Weather conditions and time of day and year are also important factors in the exercise selection. Physical activity participation should be avoided during the hot and humid weather of summer and the cold of winter. During these periods of the year, the local shopping malls provide the elderly an excellent exercise environment.

METS

One MET is equal to the average resting oxygen consumption of 3.5 ml. oxygen per kg. of body weight (reading a book or watching television). The initial level of exercise tolerance may be established from the exercise test. The objective of the test is to determine heart rate and MET level that the individual can tolerate without cardiovascular and musculoskeletal deterioration. Using this MET level, the appropriate activities may be selected to maintain the participant's exercise intensity at the desired level during the exercise session.

The Exercise Session

The exercise session is composed of three phases:

1. Warm-up phase
2. Cardiac stimulus phase
3. Cool-down phase

The warm-up involves activities designed to increase the circulation of the blood throughout the body and to warm the active muscle tissue. The exercises used in this five to ten minute phase are slow walking, slow, gradual stretching, and reaching. The warm-up is followed by the cardiac stimulus phase involving vigorous activities, such as walk/jog intervals, swimming, and square dancing. These activities, when performed in the proper manner, will increase the heart rate to the training level without the danger of muscle and joint injuries.

Throughout the exercise program, the older adult's reaction to the activities must be monitored. Older adults must learn to monitor their own heart rate and signs of unnecessary stress, such as:

1. Nausea
2. Pain
3. High heart rate
4. Difficulty in Breathing (Shortness of Breath)

These practices will alert the individual to the body's reaction to unnecessary exercise stress.

The third phase of the exercise session involves five to ten minutes of less intense activities relative to the vigorous exercises of the second phase. Slow walking about the mall or the facilities will provide excellent cool-down activities. Such activities as slow stretching, slow-down volleyball, and other low intensity activities are also satisfactory for this phase. The intent of this phase is to gradually slow down the circulation of the blood to a near resting level, and reduce the body temperature and sweat rate before returning to the shower room. These procedures permit the body functions to approach their respective resting levels. It is as important to cool-down properly as it is to warm-up properly. In the planning of each exercise session, give yourself and the participants time to cool-down.

Those individuals working with older adults in exercise programs must be aware of the elderly's fear of exercise. They may fear injuries associated with exercise due to their inability to properly function in the exercise movement in front of their peers. Trainers and Co-Trainers, in planning the program, must select activities that are recommended by the Resource Faculty and that are not too stressful to the participants. It becomes important that older adults realistically understand their exercise performance goals and tolerances. With this focus, exercise becomes beneficial to the individual, while being a positive social activity in the lives of the older adults.

Sample Exercise Assessment

I. Personal Data

Name ______________________________ Age ______ Weight ______
Physician __________________________ Sex ______ Height ______

Diagnosis __________________________

Mid Arm Cir ______ Knee Ht ______ Triceps Skf ______

Supra Skf ______ Subscap Skf ______ Stature/knee ht ______

Mid Arm Area ______ Wt/S2 Index ______

II. Exercise Resources

1. Physical
    a. Walking and running ability

    b. Coordination

    c. Endurance

    d. Current physical ability level

2. Social Interaction
    a. Large groups

    b. Small group

    c. One-to-one

    d. Visitors

    e. Initiates contact with others

    f. Ability to carry on conversation

3. Cognitive orientation
    a. Knows the environment

    b. Knows the surrounding people

c. Knows time of day, month, and year

d. Follow directions

e. Ability to learn

4. Sensory
   a. Hearing

   b. Vision

5. Past Exercise/Interest

6. Current Exercise/Interest

7. Participant's view of his/her fitness level, skill and deficits

III. What are the exercise expectations of family?

IV. What are the individual's exercise needs and limitations?

V. What are the individual's long and short term goals?

Short Term   Long Term

VI. Exercise Strategies

Exercise Prescription

	Exercise Mode	Frequency	Intensity	Duration	Date
1.					
2.					

Assessment Questions

1. I have a planned exercise program.

In order to maintain the best possible level of physical function of the body as one ages, the exercise program is essential. During the years of the teens and early twenties, the physical capacity of the body is without question. As the body grows older and the lifestyle becomes less active during the middle years, the function of the body declines. Much of this decline is associated with the lifestyle of disuse. If frequently used, much of this physical function of the body may be maintained at a relatively high level. If you do not use it, you will lose it. The muscle loss of disuse may be observed in the case of a limb that has been immobilized to permit the healing of fractured bones. This loss of muscle tissue of limb is associated with limb disuse. The importance of exercise relative to overall body function may also be observed in the case of recovery from surgery. In surgery cases without complications, the patient is forced to move, sit on edge of bed and dangle the feet, and eventually, walk within a few short days following surgery. Without these activities, circulation, muscle and joint problems begin to appear. On extended space travel missions, exercise programs are also vital to the maintenance of the crews' health. In the less active lifestyle of today, a program of routine exercise is essential in maintaining the vital body functions throughout the lifespan.

2. I climb up and down at least three flights of stairs a day.

Lifting the weight of the body with the muscle force demands energy. In order for these movements to occur, a series of events must take place. The moving of the body demands increased blood flow to the muscle tissues to transport the oxygen from the lungs to the muscle cells to promote the building of energy at the muscle level. In turn, it increases the activity of the heart muscle and promotes cardiac muscle function. In this light, stair climbing, as well as walking, is an excellent exercise for older adults. It maintains muscle, circulatory and nerve functions of the body. Walking and stair climbing are natural events in our daily lives. They should not be avoided by using elevators or automobiles.

3. I engage in a variety of physical activities regularly.

As was addressed in question #1, it is necessary to participate in exercise at least 3 times per week. In addition to frequency, the type of exercise is an important consideration. First, the type of exercise selected must be enjoyable to the participant. If not, boredom will set in and the individual will drop from the program. Frequent change of the exercises and sites are recommended techniques to combat boredom.

Swimming, jogging, aerobic dancing, and bicycling are, generally, accepted as high intensity exercise. In other words, they will force the heart rate near the individual's training target heart rate. These types of exercises are referred to as aerobic exercise. They are often used during the vigorous training phase of the exercise session. They increase the heart rate and circulatory functions because there is an increased demand for oxygen by the active muscle tissue of the body.

Gardening and housework, bowling and golfing, calisthenics, and slow stretching exercises demand energy at a much lower rate. They, in turn, are associated with lower heart rate and cardiovascular function. They are known as low intensity exercises. Low intensity exercises are often used during the warm-up and cool-down phases of the exercise session. These exercises increase the demand upon the circulatory system, but seldom approach the level required during the vigorous phases. Stretching exercises and calisthenics maintain range of motion of the hips, knees, and shoulders. On the other hand, golf and bowling provide social and psychological benefits.

In summary, the type of exercise is important in maintaining participation over an extended period of time. Variety of exercise combats boredom.

4. I use my leisure time for the following activities (reading, television, handicraft work, home workshop).

In the promotion of the positive lifestyle among the elderly, the use of leisure time is important. If not used properly, leisure time can become detrimental to the health and well being of the older adult. If boredom becomes commonplace during this period, the opportunity for indulgence in over-the-counter drugs and alcohol is increased. These behaviors are often associated with loneliness and depression. Therefore, reading, home workshop activities, handicraft work, and selected television programming provide positive activities for intellectual growth and the constructive use of leisure. The use of leisure time by the elderly should be closely monitored to promote the wellness concepts.

5. I am able to perform my activities of daily living without assistance.

The activities of daily living (ADL) are essential as a measurement of independent living. If the ADL are declining, the individual needs to be evaluated to determine where assistance is required. Once the area of assistance has been identified, the necessary living quarters and assistance arrangements can be put in place. Additionally, the individual exercise plan can be designed to strengthen the area of weakness in order to help the individual maintain the ADL.

6. I know how to take my pulse and monitor the effects of exercise.

Through the monitoring of the pulse rate (heart rate) the individual has a clear window as to his/her physical response to a variety of conditions. The pulse rate is modified by the physical work demands placed upon the body, by cigarette smoking, psychological stress, climate, etc. The monitoring of the pulse rate provides a measurement for the individual to determine how the body is tolerating a short duration exercise stress.

Over an extended period of time, the accurate recording of the heart rate response relative to the duration and intensity of the exercise establishes an excellent documentation of the body's physical adjustment to exercise. As the body becomes conditioned to the exercise stress, it will require a greater intensity and duration of exercise to drive the pulse rate into the training heart rate range.

Thus, pulse rate represents a physical and measurable index of body response over a short duration and for an extended period of time.

7. I have full use of my muscles and joints.

As one ages, the continued use of muscle and joint function becomes a major concern in the development of well-being. Movement of the body is vital to physical and mental health. In short, the impairment of joint and muscle function, and body function in general, marks the beginning of the decline. The head, neck, shoulders, and back begin to drop very slightly. The knees may begin to remain flexed and compensate for the inability of the upper body to fully reach the proper extension of the back and neck. The soft tissue associated with these joints begin to adapt to the limited range of motion of the respective joints' movement. Within a few weeks, the new positions of the joints become permanent.

In order to maintain the proper alignment of the body and the efficient body movement, the joints must actively move through the complete range of motion. In so doing, the strength and length of the connective and muscle tissues surrounding the respective joints are maintained. This permits the individual to comfortably participate in a wide range of exercise activities without fear of joint and muscle injury.

8. I am positive about my level of fitness.

A positive mental outlook is essential for the advancement of a wellness program. As exercise tolerance increases, there is traditionally reported a feeling of "well-being" by exercise participants. Endurance exercise appears to have a positive influence upon mild to moderate depression. It is important that Trainers and Co-Trainers working with older adults value the importance of the participants being positive about their level of fitness. By addressing this issue, major efforts may be invested into exercise education involving exercise techniques, body function and mental benefits of maintaining a high level of physical fitness.

Changes and Interventions

Change: Increased blood pressure

Intervention: Guidelines

1. The graded exercise stress test permits evaluation of blood pressure response across the various levels of exercise intensity. Additionally, exercise capacity, heart function, incidences of regular heart beats, etc. may be observed during the test.

2. The type of exercise should place emphasis on the heart and circulatory function. Depending upon the initial level of fitness, the older adult should begin walking in intervals. As exercise tolerance develops, cycling, swimming, and jogging are used.

3. Exercise and medication may work together in the treatment. Exercise is not a substitute for medication therapy.

4. Always work to develop the exercise tolerance of the participant.

5. As exercise tolerance develops, toleration for warmer and colder environmental temperatures will improve.

6. The older adults on water pills for the control of high blood pressure should be given ample drinking water as a fluid replacement. Some older adults may need to see their physician to insure that they are maintaining the proper potassium blood level.

Change: Renal Disease

Intervention: Guidelines for Exercise among Renal Disease Patients

1. Exercise stress test is recommended for the same reasons as before.

2. As long as blood pressure and left heart function remain within normal limits, the individual is encouraged to exercise for

improvement of muscle tone.

3. Advance the exercise intensity very gradually to permit the body to respond to the increased intensity of prolonged exercise training.

4. Care must be exercised when adverse conditions prevail, for the participant becomes intolerant of environmental extremes.

5. Keep a record of body weight. It will be the best guide to fluid replacement.

6. Keep a heart rate response record for each exercise session. The heart rate response may be observed over weeks and months of conditioning.

Change: Glucose Intolerance

Intervention: Guidelines for blood glucose control among older adults

1. There should be no evidence of heart, circulatory, or joint/bone problems in medical history.

2. The diabetic should avoid exercise when food has not been consumed within the last 2 or 3 hours.

3. Insulin therapy should be at maximum influence at the time of exercise.

4. Sugar containing foods should be available during each exercise session. (Hard candy, orange juice, etc.)

5. During vigorous physical activity, extra food should be eaten.

6. Physical exercise increases the muscle tissue sensitivity to insulin.

7. The best blood sugar control may be achieved by the proper management of insulin therapy, diet, and exercise.

Change: Development of prolonged heart failure

Intervention: Guidelines for developing exercise program for heart disease patient

1. Basically, the exercise prescription would be developed from the results of the graded exercise stress test and the participant's physician's recommendation.

2. Monitor and record heart rate response to exercise. The participant should follow the guidance of his/her physician.

3. Additionally, monitor this participant for:
   a. Severe shortness of breath
   b. Chest pain or tightness
   c. Pounding of the heart
   d. Rapid heart rate
   e. Lightheadedness
   f. General weakness

4. If the participant has recently experienced hospitalization and convalescent care, exercise should begin with simple stretching and range of motion activities.

5. As the participant's physical capacity is restored, walking is the best activity. When free of symptoms and signs of weakness, exercise intensity should be about 60-65%.

6. As exercise tolerance develops, frequency should approach 3 times per week.

7. Recreational activities should be introduced to prevent boredom and to maintain interest in the exercise program.

8. If signs and symptoms of discomfort appear, exercise should be stopped and a physician consulted for guidance.

Change: Osteoporosis (loss of bone mineral)

Intervention: Guidelines for Exercise and Osteoporosis

1. Encourage individuals to participate as fully as possible in exercise program.

2. Develop a blend between rest period and exercise.

3. Encourage the participants to maintain good posture and body alignment at all times.

4. Encourage the participant to stretch, walk, and move the joints of the body throughout the range of motion, respectively.

5. Do not force a participant to move. The participant must always move the respective joint as far as he/she is able.

6. Walking is the recommended activity for heart and circulatory fitness. Arm exercise, stationary bicycle exercise, and swimming activities may also be enjoyable and beneficial.

7. In the case of osteoporosis, use slow and easy exercise of low intensity over a long duration.

8. If complaints of pain should last for over an hour following an exercise, the individual should stop participation in the exercise program and consult with a physician.

Change: Loss of Coordination

Intervention: Guidelines for exercise planning involving people with reduced coordination

1. Do not select activities that demand very rapid and accurate movement of the body or body segments.

2. Give the participant an ample number of rest periods during the exercise session to avoid fatigue.

3. Move the various joints (finger, elbow, knee, etc.) through the respective movement patterns.

4. Start the exercise program with slow exercises. As coordination improves, increase the intensity and coordination demand of the exercise.

5. Alternate arm movements, together move the right and left arms and legs, and alternate left and right arm and leg movements to create a demand for coordination.

6. Walking is an excellent coordination activity.

7. As the participant's skills improve, walking

in time to slow music arrangements may be encouraged.

Change: Hearing Loss

Intervention: Guidelines for exercise program for hearing loss participants

1. Develop small group setting for exercise program.

2. Select room with carpet, drapes, and sound proof ceiling covering to reduce the reflection of sound.

3. The Trainers and Co-Trainers should speak slowly at all times.

4. The Trainer and Co-Trainer must face the individual as they speak. Many hearing impaired individuals read your lips and facial expressions.

5. In addition to your verbal communication, give visual cues as you speak.

6. The Trainers and Co-Trainers should follow the general rules of exercise prescription development unless medical history and examination present evidence for special procedures. In the special case, seek the recommendations of the participant's physician.

Change: Impaired Vision

Intervention: Guidelines for exercise program development involving impaired vision participants

1. Select colors in the exercise environment that have great contrast (black and white, red and white).

2. Increase the lighting of the exercise room.

3. Encourage the participant to use the sense of touch to maintain awareness of the exercise environment.

4. Remove all unnecessary objects from the exercise room.

5. In addition to oral instructions, use physical demonstrations. Guiding the participant's body through the movement pattern will help in developing understanding of correct movement patterns.

6. Keep each information presentation short, very clear, and simple.

7. In teaching a new exercise movement, assist the individual in establishing the proper body movement for the exercise.

8. In vigorous and dynamic exercises, the individual should be accompanied by a non-visually impaired participant.

PHARMACOLOGY

Guidelines for Trainers and Co-Trainers

The Trainers and Co-Trainers have a major role to play in assisting participants in the Well Elderly Integrated Training Project to take medication(s) properly. Before interacting with participants concerning their medication usage, the Trainers and Co-Trainers will demonstrate to the Resource Faculy that they have:

1. Read the entire training manual carefully to get a grasp of the total purpose of the project.
2. Become familiar with the medication content of the manual.
3. Tagged specific medication sections of the manual for quick location of information.
4. Reviewed how to assist participants in filing out the medication section of the Personal Lifestyle Survey.
5. Reviewed the physiological changes in the elderly that affect drug therapy.
6. Become familiar with common diseases of the elderly and different classes and names of drugs to treat those diseases.

Expected Behaviors for the Co-Trainers

1. Co-Trainers will assist the Trainers to implement each participant's designed medication care plan.
2. Co-Trainers will assist the Trainers to gather additional medication data that will enable the Resource Faculty to modify the participant's initial care plan.
3. Co-Trainers will not deviate from the participant's initial medication plan without consultation with the Resource Faculty.
4. Co-Trainers will consult with and refer to the Resource Faculty all of the participants' medication issues that surface and are not addressed in the initial care plan.

Expected Behaviors for the Trainers

1. Trainers will monitor participants' prescribed plan of care.
2. Trainers will gather new medication data and refer it to the Co-Trainer and the Resource Faculty.
3. Trainers will set an example for the participants by taking

their own medication properly.

4. Trainers will work in concert with the Co-Trainers to emphasize participants' proper usage of medication.

Do's and Don'ts

Do's

1. Know the Training Manual and where to locate needed information.
2. If a possible minor adverse drug reaction is taking place, call the participant's physician (or have the participant call) and explain the suspected reaction.
3. Refer any expressed medication problem to the Faculty for guidance.
4. Refer courses of action from the Faculty and/or physicians to the participant as soon as possible.
5. Know which medications are more likely to cause adverse effects.
6. Know the signs and symptoms of common adverse drug reactions.
7. Have the participant take an active role in his/her drug therapy to help reinforce appropriate use of drugs.
8. Know those medications which can be used to treat more than one condition.
9. Encourage the participant to give a copy of the PERSONAL MEDICATION PROFILE to their physician(s) and pharmacy(ies).
10. Make sure the participant understands the answers to the assessment questions on pharmacology. A brief explanation of what and why they need to know this information is presented in Section II of the Training Manual under Pharmacology.

Don'ts

1. Do not try to take a participant having a major life threatening drug reaction to the hospital. Call the paramedics/ambulance immediately and request assistance on-site.
2. Do not alarm a participant having a suspected adverse drug reaction of minor importance. Tell him/her it is a possibility. Call the participant's physician and Faculty to obtain actions to take and to report the reaction.

3. Do not substitute your guidance, in medication areas not covered in the Training Manual, for a Faculty member's or physician's input if needed.

4. Do not forget to have the participant bring in all of his/her medications so that a complete medication history can be made. Be sure the participant first fills out the PERSONAL MEDICATION PROFILE without looking at his/her medications.

5. Do not give the impression that "over-the-counter" medications are not drugs. The health care professionals need to know if the participant uses these.

6. Do not accept the list of drugs and names of drugs in the Training Manual as complete. There are many combination drug products as well as many brand names that are not listed. Contact the Faculty if you need help with the use or category of a medication.

Introduction - Overview of Medication Usage, Adverse Effects, Financial Implications, Rational Prescribing Principles, and Physiological Changes Affecting Drug Therapy in the Elderly

As we well know, the number of elderly are increasing in this country due to a number of factors. People over the age of 65 made up 11% of the population in 1977 and it is expected that there will be 46% more people greater than 85 years of age in 15 to 20 years. The "Baby Boomer" generation (ages of 25-38 years at the present time), once they turn 65 years of age, will make up the largest geriatric population this country has ever seen. Because of the general health decline with the aging process, an attempt to maintain wellness longer is a desirable characteristic to develop both from the viewpoint of the individual and the healthcare system.

The incidence of most disease increases with age. Common diseases of the elderly include high blood pressure (hypertension=HTN), ischemic heart disease (low blood flow to the heart=IHD), chronic lung disease (COPD), dementia (memory lapses), congestive heart failure (CHF), and Parkinson's Disease. The incidence of these diseases for the 17 - 44 years, 45 - 64 years, and the 65 years or greater group is as follows: HTN (16.4%, 42.6%, 43.5%), IHD (1.5%, 10.3%, 24.2%), COPD (6.0%, 13.2%, 24.2%), dementia (1.5%, 1.5%, 9.7%), and CHF (1.5%, 16.2%, 29.0%). Because of these and other diseases, the elderly occupy 33% of the hospital and long term care beds in the United States.

Of course, these diseases are just a few of the most common ones that are treated with medications. The fact is, 87% of the elderly are receiving regular drug therapy. In 1977, the elderly constituted 11% of the total United States population but accounted for 25% of the $11.2 billion spent that year on medications. The elderly population is expected to grow from 23 million in 1982 to 31.8 million in 1990 and 35 million by the year 2000. Estimates indicate that costs of drugs for the elderly will be over 40% of the total medication bill in the year 2030.

Because of the increased number of illnesses in the elderly, we can expect that there will be increased numbers of medications used as age increases. This is in fact true as the number of patients receiving 6 - 8 medications increases to 3%, 10%, and 26% as in the age groups of 17 - 44 years, 45 - 64 years, and greater than 64 years, respectively. Unfortunately, the number of adverse drug reactions increases as the number of drugs prescribed increases. Patients receiving 1 - 5 medications can be expected to experience a 4% adverse reaction rate while those receiving 6 - 10 medications have a 10% incidence of adverse reactions. A 1976 multicenter study of 140,000 patients at a number of geriatric centers indicated that 4,000 patients were admitted to the hospital solely because of adverse drug reactions and 11,000 partially so. In general, 3% of admissions to geriatric departments are due to adverse drug reactions. The medications most commonly associated with adverse reactions include diuretics, tranquilizers, antidepressants, digitalis, hypnotics, psychomimetics, sedatives, anticonvulsants, high blood pressure medications, pain medications, and tremor and rigidity controlling medications.

The incidence of adverse drug reactions in patients over 60 years of age is two and a half times greater than for those patients who are younger. These adverse reactions increase illness and death in the elderly population and are accompanied by an increased cost in their health care delivery. Therefore, incentives for reduction of adverse drug reactions also meets the financial incentive to keep health care costs down. The total amount spent in the United States per year on treating adverse drug reactions is approximately three billion dollars. The amount spent on adverse reactions to drugs for the elderly is unknown but they probably account for a large portion since they are exposed to more drug therapy and are at greater risk for adverse reactions.

Based on the above facts, it can be seen that more information about drug therapy of the elderly is necessary in order to maximize use of these medications with the adverse effects.

Use of the WEITP "Personal Lifestyle Survey"

You have probably seen the questionnaire associated with this project, and if nothing else, were impressed (or unimpressed) with the length of the document. You have a big responsibility in insuring the success of this project as a Trainer or Co-Trainer. The questionnaire is the means by which any changes in the person's health and health related activities are measured. Therefore, a short explanation of the medications section of the questionnaire is being presented here.

The medications section was purposely put in as the last section of the questionnaire because there is a chart to fill out. This may be a little confusing to the participant the first time around. The section may have to be filled out at another time that day to allow for a break to reorganize thoughts. The participant should fill the question section out initially before the medication chart. In this manner, we find out how much the participant feels he knows about his medications and the chart recording tells us how much this person actually knows. First, the participant is asked to fill the chart out from memory in pencil, blue or black ink. This indicates how much the participant knows from memory about his medicines. We then ask that the participant actually bring in all his medications to you. This activity includes going to his medicine cabinet, kitchen cabinet, or other places where any type of pharmaceutical chemical preparation is kept and bringing these back to you. We want to include any over-the-counter medications such as cough/cold medicines, aspirin, Tylenol, or other pain relievers, topical (applied to the skin) lotions or sprays, ear/eye drops, suppositories, or any other types of medicines that are available without prescription. Have the participant bring these along with prescription medications to you and compare their prior list with the present medications brought to you. Register those not listed in red ink on the chart. This will identify those medications that the patient did not realize that he/she had been taking. This same procedure will be repeated again at the end of the project to detect again what the person knows about his medications and to see if any health changes have resulted in a reduction or increase in drug therapy.

The participant may know the name of the drug but not know the category of medications that it belongs in. Or the medication may be used for more than one reason. You will become familiar with the various categories of medications both from the generic name and brand name viewpoint. You may have to question the participant as to his/her doctor's diagnosis to find the category the medicine belongs in. Then register the information in the chart. Any information in which you have to help the participant identify the drug should be listed in red on the chart. This will help identify the participant's area or degree of knowledge concerning his/her medication and its use.

Questionnaire Medication Categories to be Familiar With

For those Trainers without a medical background, the identification of the categories of drug used could be confusing and this section attempts to orient you to the various types of medications used. There are times when a drug may be used for more than one type of condition. You will have to question the patient about his doctor's diagnosis/problem to know which category the medication belongs in. Again, any information you must solicit from the participant to fill in the "Personal Medication Profile" must be registered on the chart with red ink to indicate your help in filling in the information. The following table will be set up in two sections. The first section will list the chart's category of medication followed by the therapeutic classes of drugs which can be associated with that problem. Second, there will be a section taking the therapeutic class of drug and listing the generic and trade names of the most commonly used medications found in that class.

Table 1. Medication use categories and possible therapeutic drug class involved.

MEDICATION CHART CATEGORY	MEDICATION THERAPEUTIC CLASS
Heart Pills	
angina (chest pain)	Anti-anginal (Nitrates)
	Beta Blockers
	Calcium Blockers
atrial flutter/fibrillation (fast heart rate & rhythm)	Beta Blockers
	Digitalis
	Calcium Blockers
hypertensive heart disease (high blood pressure heart disease)	Beta Blockers
	Diuretics
	Vasodilator
	Anti-hypertensives
	Calcium Blockers
myocardial infarction prevention	Beta Blockers Anti-platelet agents
congestive heart failure	Digitalis
	Angiotensin Converting Enzyme Inhibitors
	Vasodilators
	Diuretics
arrhythmias (heart rhythm problems)	Antiarrhythmics
	Digitalis
	Calcium Blockers
Water Pills	Diuretics
Blood Pressure	Diuretics
(Anti-hypertensives)	Vasodilators

MEDICATION CHART CATEGORY	MEDICATION THERAPEUTIC CLASS
	Angiotensin Converting Enzyme Inhibitors
	Beta Blockers
	Central Nervous System Acting Agents
	Norepinephrine Depleting Agents
Nerve Pills	Benzodiazepines
	Barbiturates
	Sleeping Pills
Blood Thinners	Anticoagulants
	Antiplatelet Agents
Arthritis Pills	Aspirin or Salicylates
	Non-Steroidal Anti-inflammatory
Pain Medications	Aspirin or Salicylates
	Narcotics
	Non-Steroidal Anti-inflammatory Medication
Antibiotics	Penicillins
	Cephalosporins
	Others
Sleeping Pills	Benzodiazepines
	Barbiturates
	Others
Diabetic Agents	Oral Hypoglycemics
	Insulins
Hormones	Postmenopausal
	Estrogens

MEDICATION CHART CATEGORY	MEDICATION THERAPEUTIC CLASS
	Androgens
	Steroids
	Thyroid
	Progesterones
Allergy Medications	Antihistamines
	Steroids
	Antipruritics
Eye Medications	Antibiotics
	Anti-glaucoma
	Vasoconstrictors
Ear Medications	Antibiotics
	Wax Softening & Cleaning
Nose Medications	Vasoconstrictors
	Antihistamines
	Cold Remedies
Hemorrhoidal Medications	Suppositories
	Creams & Emollients
	Steroids
Diet Pills	Stimulants
	Amphetamines
	Sympathomimetics
Seizure Medication	Anti-eptileptics
Cough and Cold Preparations	Nasal Decongestants
	Antihistamines
	Vasoconstrictors
	Antipyretics

MEDICATION CHART CATEGORY	MEDICATION THERAPEUTIC CLASS
	Antitussives
Laxatives	Bulk Forming Laxatives
	Stimulant Laxatives
	Saline Cathartics
	Stool Softeners
Central Nervous System Drugs	Tranquilizers
	Antidepressants

* * * * *

Table 2.

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
Nitrates (anti-anginal)	Nitroglycerine sublingual (NitroStat, others) Nitroglycerine topical (Nitro-Disk, NitroPatch, Transderm Nitro, Nitrol Paste, nitroglycerine ointments)
	Nitroglycerin buccal
	Isosorbide Dinitrite (Isordil, others)
Beta Blockers	Propranolol (Inderal)
	Metoprolol (Lopresser)
	Atenolol (Tenormin)
	Labetolol (Normodyne/Trandate)
	Nadolol (Corgard)
	Pindolol (Visken)
	Acebutolol (Sectral)
Calcium Blockers	Verapamil (Isoptin/Calan)
	Nifedipine (Procardia)
	Diltiazem (Cardizem)
Digitalis	Digoxin, Digitoxin

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
Diuretics	Furosemide (Lasix)
	~~Hydrochlorthiazide (HyroDiuril)~~
	Acetazolamide (Diamox)
	Ethacrynic Acid (Edecrin)
	Triampterene (Dyrenium)
	Spironolactone (Aldactone)
	Bumetanide (Bumex)
	Chlorthiazide (Diuril)
Vasodilators	Hydralazine (Apresoline)
	Captopril (Capoten)
	Enalapril (Vasotec)
	Nitrates (see above)
Angiotensin Converting Enzyme Inhibitors (ACEIs)	Captopril (Capoten)
	Enalapril (Vasotec)
Antiarrhythmics	Procainamide (Procan SR, Pronesty SR, Pronestyl, others)
	Quinidine (Quinidex, quinidine sulfate, CinQuin, quinidine, Quinaglute, others)
	Disopyramide (Norpace)
	Verapamil (Calan, Isoptin)
	Tocainide (Tonocard)
	Flecainide (Tambocor)
	Amiodarone (Cordarone)
	Mexilitine (Mexitil)
	Beta Blockers (see above)
	Digitalis (see above)

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
Central Nervous System Acting Agents	Clonidine (Catepress)
	Methyldopa (Aldomet)
	Guanabenz (Wytensin)
Norepinephrine Depleting Agents	Reserpine (Raudixin, Serpasil, Serapas)
	Guanethidine (Ismelin, Esimil)
	Guadrinal (Hylorel)
Benzodiazepines	Lorazepam (Ativan)
	Diazepam (Valium)
	Clorazepate (Serax)
	Praxepam (Centrax)
	Chlordiazepoxide (Librium)
	Alprazolam (Xanax)
	Triazolam (Halcion)
	Oxazepam (Serax)
	Temazepam (Restoril)
Barbiturate	Phenobarbital
	Mephobarbital (Mebaral)
Sleeping Pills	Secobarbital (Seconal)
	Amobarbital (Amytal)
	Pentobarbital (Nembutal)
Anticoagulants	Warfarin (Coumadin)
	Bishydoxycoumarin (Dicumarol)
	Anisindione (Miradon)
Antiplatelet Agents	Aspirin (Ecotrin, others)
	Dipyridamole (Persantine)
Salicylates	Aspirin

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
	Salsalate (Disalcid)
	Choline/Magnesium Salicylate (Arthropan, Trilisate, Magan, Doan's Pills, Uracels)
Non-Steroidal Anti-inflammatories	Diflunisal (Dolobid)
	Ibuprofen (Motrin, Advil, Rufen, others)
	Piroxicam (Feldene)
	Phenylbutazone (Butazolin)
	Suprol
	Sulindac (Clinoril)
	Fenoprofen (Nalfon)
	Naproxen (Naprosyn, Anaprox)
	Tolmetin (Tolectin, Tolectin DS)
Narcotics	Meperidine (Demerol)
	Morphine (MS-Contin, others)
	Methadone (Dolophine)
	Codeine (Tylenol #3, others)
	Pentazocine (Talwin NX, Talacen)
	Hydrocodone (Vicodin, others)
	Oxycodone (Percocet, Percodan, Tylox)
	Propoxyphene (Darvon)
Penicillins (Antibiotics)	Penicillin G (Pen V K, others)
	Ampicillin (Amcill, Principen)
	Cloxacillin (Cloxapen, Tegopen)
	Dicloxacillin (Dynapen, Pathocil)

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
	Augmentin (Ampicillin + clavulanic acid)
	Amoxacillin (Amoxil, Larotid, Polymox)
Cephalosporins (Antibiotics)	Cephalexin (Keflex)
	Cinobac
	Cefaclor (Ceclor)
	Cefadroxil (Duraceph, Ultracef)
	Cephradine (Anspor, Velosef)
Other Antibiotics	Cotrimoxazole (Bactrim, Septra, others)
	Nitrofurantoin (Macrodantin)
	Nystatin (Nilstat, Mycostatin)
	Ketoconatole (Nizoral)
	Naldixic Acid (Negram)
	Sulfamethoxazole (Gantanol)
	Sulfisoxazole (Gantrisin, Sulfizin)
	Neosporin
	Metronidazole (Flagyl, Metryl)
	Chloramphenicol (Chloromycetin)
	Erythromycin (E-Mycin, EES, Ilotycin)
	Polysporin
	Methenamine (Hiprex, Mandelamine)
	Tobramycin (Nebcin, Tobrex)
	Gentamicin (Garamycin, gentamicin)
	Tetracycline (Achromycin V,

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
	Sumycin, others)
	Doxycycline (Vibramycin, Vibra-Tabs)
	Minocycline (Minocin)
	Oxytetracycline (Terramycin)
Oral Hypoglycemic	Tolbutamide (Orinase)
	Chlorpropamide (Diabinese)
	Glyburide (Diabeta, Micronase)
	Glipizide (Glucotrol)
	Acetzolamide (Dymelor)
	Tolazamide (Tolinase)
Insulins	Lente Insulin
	NPH Insulin
	Regular Insulin
	Human, beef, pork, beef/pork insulins
Estrogens (Female Hormones)	Conjugated Estrogens (Premarin)
Androgens (Male Hormones)	Nandrolone
	Methyltestosterone (Android, Metaudren)
	Fluoxymesterone (Halotestin, Halodrin)
	Testosterone (Androlan, Depo-Testosterone, Deladumone)
Steroids	Prednisolone (Delta-Cortef, Hydeltrasol)
	Methylprednisolone (Medrol, SoluMedrol)
	Prednisone (Orasone, Delta-Dome, Deltasone)

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
	Hydrocortisone (Cortef, SoluCotef)
	Fludrocortisone (Florinef)
	Dexamethasone (Decadron, Hexadrol)
	Triamcinolone (Aristocort, Kenacort)
Thyroid	Thyroid USP (Thyrar, Armour Thyroid)
	Levothyroxine (Synthroid, Letter)
	Liothyronine (Cytomel)
	Liotrix (Euthroid, Thyrolar)
Antihistamines	Chlorpheniramine (Chlortrimeton, Teldrin)
	Brompheniramine (Dimetane, Bromphene)
	Dexbrompheniramine (Drixoral)
	Diphenhydramine (Benadryl)
	Promethazine (Phenergan)
	Tripelennamine (PBZ)
	Triprolidine (Actidil, Actifed)
Antipruritics	Diphenhydramine (Benadryl)
	Cyproheptadine (Periactin)
	Trimeprazine (Temaril)
	Tripolidine (Actidil, Actifed)
Vasoconstrictors	Phenylpropanolamine (Contac, Comtrex)
	Pseudoephedrine (Sudafed, Sinufed)

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
	Ephedrine (ephedrine)
	Oxymetazoline (Afrin, Duramist Plus)
	Phenylephrine (Allerest, Sinex)
Wax Softening	Auralgen
	Peroxides
Hemorrhoidal Preps	Anusol
	Anusol HC
	Others
Seizure Medications (Anti-eptileptics)	Phenytoin (Dilantin)
	Mephemytoin (Mesantoin)
	Carbamazepine (Tegretol)
	Primidone (Mysoline)
	Phenobarbital (Phenobarbital)
	Valpoic Acid (Depakene)
	Diazapam (Valium)
	Lorazepam (Ativan)
	Acetazolamide (Diamox)
	Clonazepam (Clonopin)
	Ethosuximide (Zarontin)
	Methusuximide (Celontin)
Sympathomimetics	(See Vasoconstrictors above)
Stimulants	Methamphetamine (Desoxyn, Methampex)
	Phentermine (Ionamin, Phentrol, Fastin)
	Methylphenidate (Ritalin)
	Phendimetrazine (Preludin)

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
	Amphetamine (Biphetamine)
	Dextroamphetamine (Dexadrine, Dexampex)
Antipyretics (lowers fever)	Aspirin
	Acetaminophen (Tylenol, others)
Nasal Decongestants	(See Vasoconstrictors above)
Bulk Forming Laxatives	Metamucil (and others)
	FiberMed
Stimulant Laxatives	Phenopthalein (Exlax)
	Casanthranol (Doxidan)
	Cascara
	X-Prep
Saline Cathartic Laxatives	Milk of Magnesia (MOM)
	Magnesia Citrate (many brands)
	Fleets Phospho Soda
Stool Softener Laxatives	Docusate (Peri-Colace, Doxidan, Surfak, Colace)
Antitussives (prevents coughs)	Dextromethorophan (Robitussin DM, others)
Antidepressants	Amitriptyline (Elavil, Endep)
	Imipramine (Tofranil, Imavate)
	Desipramine (Norpramin, Pertofane)
	Trazodone (Desyrel)
	Amoxapine (Asendin)
	Xanax (Alprazolam)
	Nortriptyline (Pamelor, Aveutylete)

MEDICATION THERAPEUTIC CLASS	GENERIC NAME (TRADE NAME)
	Doxepin (Adapin, Sineqon)
	Maprotiline (Ludiomil)
Tranquilizers, Antipsychotic	Thioridazine (Mellaril)
	Trifluoperazine (Stelazine)
	Haloperidol (Haldol)
	Molindon (Moban)
	Lithium (Eskalith, Lithane, Lithionate)
	Prolixin
	Chlorpromazine (Thorazine)
	Loxapine (Loxitane)
	Perphenazine (Trilafon)
	Prochlorperazine (Compazine)
	Thiothixene (Navane)

PUBLISHED RESOURCES AVAILABLE

1. American Society of Hospital Pharmacists. *The New Consumer Drug Digest*.
2. American Society of Hospital Pharmacists. *Medication Teaching Manual: A Guide For Patient Counseling*.
3. Aspen Systems Corporation. *Effective Patient Education: A Guide to Increased Compliance*.
4. Lea and Febiger. *Medication Guide For Patient Counseling*. 2nd Edition.

Rational Prescribing Principles

One of the most important things the participant can do is make sure that their physicians and pharmacists know all the medications they take even if some are not used that often (only when needed). Also, it is very important to emphasize that those medications termed "over-the-counter medicines" be listed also (those medicines that do not require a prescription). It would be helpful if each participant's physician were given a list of these medications for his records. As you are probably aware, some people will have more than one physician and each needs to know the other medications so as to prescribe medications in the best possible way. A copy of the PERSONAL MEDICATION PROFILE that the participant fills out with this program would be a very complete resource for the treating physician(s).

The participant may wish to ask for copies of this form for his/her personal use. Pharmacies will also need to know your total medication history. It is recommended that one particular pharmacy be used by the participant to supply all medications. In this manner, that pharmacist may know all of your medication needs and be able to monitor your drug regimen for any new medications that may adversely interact with present medicines. Again, different pharmacies may be used by the person and the PERSONAL MEDICATION PROFILE can be used to update the pharmacist to your medication history.

The participant should know something about rational prescribing practices of medicines as well as develop a knowledge base about the medications he/she takes. First and foremost, the person must know why he/she receives the medication. Next, the participant must know if the medication is for short term treatment of a self-limiting problem or if continued treatment is needed for many years. Other areas that the person needs to address or have knowledge of are:

1. How much and how the medication is taken.
2. What warnings and adverse reactions are possible with the medication regimen (especially any major side effects that require physician follow-up).
3. That reduction in dosage may minimize any present side effects and a new medication may not be needed.
4. An awareness of any change in his/her condition that may allow a reduction in the number of medications received. This should be discussed with his/her physician at the next office visit.
5. That they should make every attempt to take the medicine as directed.
6. That they should not take anyone else's prescription

medications.

Physiological Changes In The Elderly That Affect Drug Therapy

It has been well known now for some time that the elderly respond differently to medications than their younger counterparts. The following is a short explanation of the various physiological changes in the body systems that occur and how this may affect the response to medication.

Anticipated Changes Based On Aging

There are a number of alterations in the gastrointestinal tract that affect the drug absorption in the elderly. The two major factors that affect absorption in the elderly are gastric pH (acid or base nature of the stomach) and blood flow to the intestines (also called splanchnic blood flow). The pH of the stomach is important as there are a number of drugs which are more soluble (dissolvable) in an acid solution. The incidence of achlorhydria (this is the lack of stomach acid production) increases with age and is especially prominent in women, 60 years or older, but affects men also. There may be some drugs that are not dissolved and therefore not absorbed because of this and there may be a failure in treatment. Generally, the rate of absorption of the drug is slowed but eventually all the drug is absorbed. Also, 28% of the blood that the heart pumps goes to the intestinal circulation. The elderly have a decreased flow to the intestines because the heart's blood output decreases 30% from the age of 25 to 60 years old. The blood is being diverted to the heart and brain to maintain these vital tissues and therefore less goes to the intestinal circulation.

Other body changes occur as the body ages. One of these includes the increase in fat from an average of 18% in males in their 20's to 36% as an elderly individual. This occurs in women also with an increase from 33% to 48% in fat. This means that the lean body mass percentage decreases in the elderly and generally a lean body mass loss of 0.45 kg/year after age 50 can be expected. The amount of total body water also decreases with an increase in age. This generally means that the water soluble medications may appear in higher concentrations in the elderly due to less water available to dilute them. This may cause an enhanced drug action or it may also increase side effects as there is a greater concentration of drug at the site of action. The fat soluble drugs may find an increased space to reside and therefore require more drug to obtain a desired concentration for the drug action. At the same time, this extensive distribution into fat may prevent the drug from leaving the body as readily, resulting in an extended effect of the medication. Also, if the elderly person does not eat appropriately, there may be drug protein binding changes to body protein albumin. With the greater amounts of "free" drug around, there may be an enhanced action/toxicity of the compound.

The following represent some examples of the way in which drugs may affect the elderly person differently than the younger person. Narcotic pain relievers have a much more profound effect on the elderly person. When these medications are given in too great a dose, they can cause sleepiness, confusion, coma, and even decreased ability to breathe that could lead to death if not monitored closely. Morphine sulfate is one such narcotic whose peak blood levels are 70% greater than a younger person after the same dosage. Respiratory depression must be guarded against by decreasing the usual dosage in these individuals. The same goes for the narcotic meperdine (Demerol (R)) as far as being especially careful in its dosage in the elderly. The mechanism of its increased effect is different than with morphine. This compound is protein bound, and, with the potentiality of a poorer nutritional status of the elderly, there is more free drug available to produce its pain relieving effects as well as the adverse effect profile. There are a number of drugs commonly used that are fairly highly protein bound and include: warfarin (Coumadin (R)), phenytoin (Dilantin (R)), furosemide (Lasix (R)), diazoxide (Hyperstat (R)), phenylbutazone (Buatzolidin (R)), and oral antidiabetic agents.

Usually, adverse drug reactions are extensions of a drug's action and can be related to the factors stated above. Please see the last two pages of the appendices for those medications that have increased side effects in the elderly.

The metabolism of drugs (a way to get the drug out of the body) may be altered in the elderly person but it is harder to prove a relationship of decreased metabolism with increasing age. This is caused by many factors that affect the liver as being the organ which gets rid of the drug from the body. In general, there is a decrease in liver blood flow of 40 - 50% at age 65 partially due again to the 30% reduced heart function in the elderly. The body still must maintain brain and heart blood flow and blood is "stolen" from other areas such as the liver or kidney areas to do this. There is also a decrease in liver size from 2.5% of body weight to 1.6% of body weight in the elderly. The metabolism of drugs in the liver may or may not be affected depending on the types of chemical reactions that must take place. Phase I reactions (hydroxylation, N-dealkylation on sulfoxidation) include oxidation, reductions and hydrolysis of drug molecules and have decreased capacity in the elderly. This means that drugs metabolized by these reactions will stay around longer in the body and may produce extended actions or possibly adverse reactions to the drug if increased blood levels are present due to the lesser ability to rid the drug from the body. At the same time, there are Phase II reactions including glucoronidation, sulfation, and acetylation of drugs which are not affected by increasing age. Examples of drugs which are not metabolized as readily include the antidepressant drugs and the hypnotic (sleeping pill) flurazepam (Dalmane (R)).

The tricyclic antidepressants stay in the body twice as long in the elderly and dosage should be reduced to one-third or one-half of normal. These medications have been implicated in causing more postural hypotension (low blood pressure), urinary retention (inability to void your urine), tachycardia (high heart rate), and organic brain dysfunction (confusion, sleepiness, psychotic symptoms) in the elderly. The sleeping pill flurzepam has been implicated in a 39% incidence of confusion and daytime drowsiness if given 30 mg at bedtime daily. This incidence of reactions decreased to 2% if the dosage was reduced in half to 15 mg daily at bedtime. This was related to the decreased ability of the person to get rid of a drug from their body. There are other examples but some are not as well proven and too extensive to list here.

Some drugs are eliminated by the kidney or are metabolized into compounds which can then be eliminated by the kidney. Again, as heart function decreases in the elderly and the heart and brain "steal" the blood flow, there will be a reduction in the amount of blood reaching the kidney. A decrease of 40 - 50% in kidney blood flow can be expected in the elderly. There are a number of medications which will accumulate in the body because they have their principle means of elimination by the kidney. Continuation of dosing at regular doses may result in drug blood levels producing adverse reactions or increased effects of the medication which are not wanted. Medications which are partially or totally eliminated by the kidney include such drugs as digoxin, penicillins, aspirin, diuretics, arthritis drugs, some beta blockers, antiarrhythmics, other antibiotics, etc.

We have basically reviewed the altered physiological changes that have major effects on the way the elderly handle medications. There are many other physiological changes that occur and have been discussed with you in other sections of this Training Manual. Please refer to them for more in-depth reviews of physiological changes.

Side Effects of Drugs in the Elderly

After reviewing the above information, it may not surprise you that there are many medications which have side effects and you should be aware of these. It is beyond the scope of this material to give all side effects for all drugs. A summary is attached. In Appendix A is a list of those medications which cause an increased incidence of side effects in the elderly. Appendix B gives a list of adverse effects related to the signs and symptoms identification for a particular medication category. Please become familiar with them as the participants should know these for the particular medication they receive.

Assessment Questions

1. I know the names of all medication I am taking.

Just as you would not swallow any food substance without knowing what it was, you should treat your medications the same way. It is important that the participant take an active role in his/her drug therapy. If you don't know the names of your medications, be sure to learn them.

2. I know the purpose of the medications I take.

Just as in #1 above, it is very important that you know the reason for taking the medication so that you can more actively participate in your health care monitoring and decision making. The questionnaire that you filled out about your medications is a good way to assess what you know. Learn those portions of the questionnaire that you can't answer.

3. I am aware of the recommended dose of each medication.

Again, as above, to participate actively in your health care, you need to know this information.

4. I am familiar with side effects/precautions of my medications.

A discussion of medication side effects was presented a number of times in Section I due to the morbidity, mortality, and costs associated with medication side effects. You have an Appendix A and B to help you identify some of the more common side effects. Again, the more you know about medicines, the better you are able to participate in your own health care. The Resource Faculty and Trainers can be asked for guidance in these matters. The participant's prescribing physician may also be a source of information.

5. I tell my doctor or pharmacist about prescription/over-the-counter medications I take.

You must come to realize that products purchased in a grocery store, department store, and pharmacy without a prescription are medicines. Your physician needs to know about all the medications you take to prevent possible adverse drug interactions. It is also very important to tell this informtion to all physicians that you see for specialty or general medical problems. Again, if you do not tell them, one may be prescribing a medicine without knowing what the other is prescribing. The same may be true of pharmacies. Pharmacists can help you most in monitoring your drug regimen by having you purchase all your medications at one pharmacy. Again, if you do not buy all medicines at one pharmacy, please give them a list of all the medicines you are taking.

6. I keep my medications in a cool, dry place away from heat/ light in their original containers.

Keep your medications away from areas of high heat (such as above the stove in the kitchen) or high humidity (even though bathrooms are designed with medicine cabinets). Only keep them there if it's ventilated adequately to allow for moisture removal. Keeping your medicines in their original containers will do two things. First, the medicines are dispensed in amber or opaque bottles, jars, and prescription bottles. These containers are designed to prevent unnecessary exposure to light, which can cause some medications to break down. Still, you should not set them in strong sunlight. Another reason to keep the medicines in the same container received in is to prevent you from mixing a number of medicines in the same small prescription vial. You may forget which medication is to be taken twice a day or four times a day. If you get mixed up, you may overdose yourself on the one medication, yet not have enough medicine on board to do the job with the other.

7. I buy no more than a 90 day supply of medications.

Many insurance plans will only allow a one month supply of medications. If your plan allows more, do not get more than a three month supply. Medications can be expensive and if you have to be taken off a medicine for some reason (or a different dose is given), you will not be throwing a lot away. At the same time, you will be taking advantage of paying less for medicines by buying a larger supply.

8. I have medications filled without child resistant caps.

You can request to have your medications filled with regular opening prescription vial caps if you have a hard time opening the others. Again, this may help you make sure you take your medicine. To prevent accidental poisoning, you must put away your medication in places where children cannot find them if you have company.

9. I discard outdated medication or medications that have changed appearance.

It is just common sense to discard a medication that is no longer any good.

10. I only use laxatives, antacids, cold remedies, sleeping pills, or diet pills after seeking advice from my physician or pharmacist.

Since many of the above listed drugs are over-the-counter medications, you can pick them up yourself. Some of these medications are not to be used with various disease states or an alternative product is available that will not adversely affect you. Be sure to ask which is a product you can use and the reason why.

11. If cost influences my ability to purchase a medication, I ask my pharmacist and physician for the availability of a generic product or alternative medicine.

There are many fine generic products available on the market today, so be sure to ask your pharmacist if one is available for your medicine. At the same time, there are medications that are not off patent yet, and you will have to purchase the medication. Discuss this with your physician and he may possibly be able to use another medication with much the same action in a less expensive medicine. Do not take another person's medicine if you wish to try another medicine that is cheaper or if you are out of your supply. Likewise, do not give your medicine to someone else. Discuss the other alternatives above when having a hard time paying for a medicine.

12. I know which medications I am allergic to, which medications I can or cannot take with alcohol, and I have a system for remembering which medicines I have taken.

Again, these are all things you should know to make your medication regimen the most effective with the least possible adverse reactions.

Pharmacology - Section III

Intervention and Referral Guidelines

During your work with the participants of this program, you may notice a person is possibly having an adverse reaction to one of his/her medications. If it is severe, the participant's physician should be notified immediately. If it should be life threatening, call the paramedics or ambulance immediately for transport to the person's chosen hospital. Do not try to take the person there yourself unless you happen to be close to the hospital. Other less severe side effects may be discussed with the Resource Faculty of this program which deals with drug therapy. They may be able to give a solution to the problem that may not require a physician's input. Also, the Faculty needs to keep track of adverse drug effects that occur for the program summary.

The goal of this section of the program is to ensure that the participants understand the importance of their drug therapy and become more responsible in medication compliance (following directions for use of the medication) and adverse drug reaction recognition. Hopefully, with input from the areas of nutrition and exercise physiology, there may possibly be an actual reduction in the amount or number of medications taken. Again, the participant should consult with a member of the Faculty for advice and data tabulation. Ultimately, the Faculty will refer the participant to his/her physician to institute and monitor any dosage reduction or discontinuation of drug therapy. The program Faculty are not here to substitute for the participant's physician's care. We are here to hopefully increase the quality of life and teach some ways to stay independent longer.

Appendix A

INCREASED INCIDENCE OF SIDE-EFFECTS WITH INCREASING AGE

Herman RA. Drug Therapy Considerations in the Elderly. S Afr Med J 1982; 61:544.

DRUG CATEGORY	SIDE EFFECTS
Antibiotics	
Aminoglycosides	Enhanced ototoxicity and nephrotoxicity
Penicillins	Enhanced central nervous system toxicity
Cardiovascular Drugs	
Digoxin, Digitoxin	Digitalis intoxication is more prevalent
Beta Blockers	Increased incidence of drowsiness, headache, dizziness, bradycardia, hypotension, and heart block
Thiazides	Greater danger of potassium depletion and metabolic disturbances
Reserpine	Greater risk of depression
Heparin	Increased incidence of bleeding in patients age greater than 60
Warfarin	Enhanced anticoagulant effect and higher incidence of skin necrosis
Psychotropic Drugs	
Barbiturates	More common erratic response
Benzodiazepines	Increased frequency of central nervous system depression
Phenothiazines	Increased incidence of extrapyramidal symptoms
Tricyclic antidepressants	More common confusional reactions in first two weeks of therapy
Phenytoin	Increased incidence of neurological toxicity

Appendix B

SIGNS AND SYMPTOMS IDENTIFICATION OF ADVERSE REACTIONS TO DRUGS IN THE ELDERLY

Haug, MT, Gray VR. Multidisciplinary Geriatric Training Model, National Institute of Mental Health, Department of Health and Human Services. #1-T24-MH17749-01, February 1983

1. Psychosis, sedation, confusion, paradoxical excitement, and delirium.
   a. benzodiazepines
   b. barbiturates
   c. steroids
   d. anti-depressants
   e. antihistamines
   f. anti-parkinsonian drugs
   g. anti-spasmotics
   h. anti-diarrheal
   i. tranquilizers
   j. cimetidine
   k. digitalis (confusion, sedation)

2. Constipation and urinary retention
   a. anti-depressants
   b. tranquilizers
   c. antihistamines
   d. anti-parkinsonian drugs
   e. anti-spasmotics
   f. anti-diarrheal
   g. narcotics

3. Depression, malaise, and general ill-being
   a. antihypertensives
   b. benzodiazepines
   c. narcotics
   d. barbiturates
   e. tranquilizers
   f. estrogens

4. Orthostatic hypotension, tachycardia, AV conduction alteration, and cardiac arrhythmias
   a. anti-depressants
   b. antihistamines
   c. anti-parkinsonian drugs
   d. anti-spasmotics
   e. anti-diarrheal
   f. tranquilizers
   g. sympathomimetics (tachycardia and hypertension)
   h. digitalis (bradycardia and arrhythmias)

5. Black and/or guiac positive stools, burning gastritis, nausea, vomiting
   a. non-steroidal anti-inflammatory drugs

    b. steroids
    c. anticoagulants
    d. digoxin (nausea and vomiting only)

6. Visual disturbances, blurred vision, eye pain, and blindness
    a. anti-depressants, psychotropics, and antihistamines
    b. anti-parkinsonian drugs
    c. steroids (blindness with glaucoma)
    d. digoxin (halos around lights)

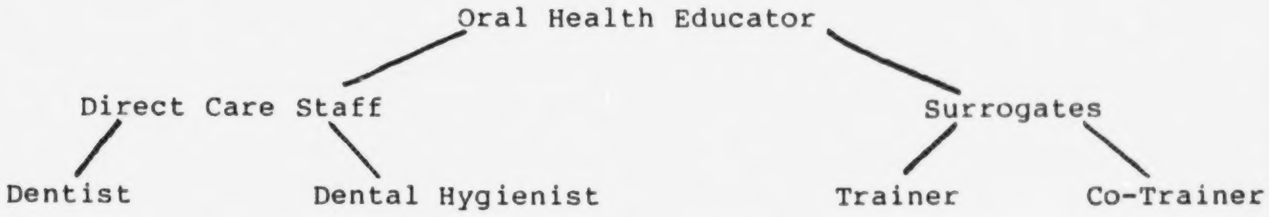
Dentistry

Introduction

Health providers have characteristically neglected Oral Medicine in their delivery of total health services. This suggests that health providers should reconsider their concentration on the terminal end and give more attention to the entrance to the digestive tract. The masticatory organ and the mouth and its contents, is an integral part of the body and is important to the introduction of energy sources to the digestive tract. In particular, the oral health needs of the elderly must be addressed. There is "increasing public demand for dental services by promoting oral health as a part of the quality of life." "We must address the needs of the growing number of patients 65 and older who have specific oral health needs."

Staff Organization

The following diagrams the staff positions and briefly describes position requirements:



Optimal Qualifications:

1. The Oral Health Educator should be a Dentist with a special interest in Health Education Experience in classroom teaching (kindergarten through college level is helpful). Contact with institutions such as nursing homes, senior citizen housing facilities, health departments, welfare departments, and legislators is helpful.

2. Direct care staff should be a Dentist and a Dental Hygienist. Both should be willing to acquire an academic background pertinent to the oral health needs of the elderly.

3. The Surrogates can be anyone interested in the needs of the well elderly. They must be prepared to learn the basic procedures by which guidance can be given to the well elderly with whom they are in contact.

Goal and Objectives

The goal is to make it possible for everyone with whom we are in contact to enjoy optimal oral health by encouraging effective oral hygiene and providing guidance for the elimination of existing or potential diseases.

The objectives are:

I. To develop a needs assessment providing
  a) subjective evaluation
  b) objective evaluation
    1) Teeth present/teeth not present/economic status/handicaps/aesthetics/speech/comfort

II. To provide instruction for self care

III. To determine knowledge gains
  a) by interview
  b) by written instrument

IV. To ascertain behavioral change
  a) by direct care staff evaluation

V. To evaluate process by subjective and objective evaluation

VI. Modify process to improve program

VII. Provide resources for Trainers/Co-Trainers and participants in the program

Prevention and Promotion

Prevention and promotion actions are a reflection of the providers' perception of their role. If it is agreed that prevention is the application of knowledge gained, it is obvious that the provider and recipient must be conversant with fundamentals involved in the maintenance of optimal oral health. Promotion requires the practice of prevention, indentification of resources, and education of consumers and providers. Identification of resources should include those which are financial, professional, and educational. Success of the strategies applied is dependent upon the provider's knowledge, domain (scope of knowledge), critical skills, and attitude.

Strategies will vary with the category of consumer being targeted:
1. Public health targets
2. Institutional providers and recipients of care
3. Special care facilities, e.g., nursing homes
4. Special care in the private sector, e.g., MR/DD

A direct staff function in promotion and prevention would include a clinical examination for cavities, gingival recession, abrasion, occlusion, presence of prosthesis (fixed or removable), and condition of the tissues upon which the prosthesis rests.

The surrogate's function in promotion and prevention is to instruct all persons in basic oral hygiene home care, that is, brush, rinse, floss, fluoridate, and provide guidance in nutrition.

These guidelines are minimal, basic, and time conserving. They are meant to be applied as a basis for referral.

Assessment - Subjective/Objective

Project Participant:

"In order for us to provide you with as much guidance as possible, it would be helpful if you would answer some questions about your dental health."

The following might be used as a sample process for assessment:

1. Please bring your teeth/dentures into contact (compression of lips indicates closed bite which can cause hearing loss, pain, fissures at corners of lips).
2. Do you have some or all of your teeth?
3. Do you wear your replacements: a) all of the time? b) part of the time? c) never?
4. Do your replacements cause sore spots?
5. Are you aware of rough or sharp places on your teeth?
6. Have you noticed any sores on your tongue, lips, cheeks, roof of mouth, that will not go away?
7. Do you visit a dentist: a) regularly? b) occasionally? c) never?
8. Do you brush your teeth: a) once daily? b) more than once daily?
9. If you do not have replacements for missing teeth, what is the reason?
10. Do you take medication for high blood pressure, nervousness, heart trouble, allergy?
11. Is your income less than $3000, $5000, $7000, $9000, more than $9000?
12. Do you spend money regularly for medication?
13. Are you covered by Medical or Dental Insurance besides Medicare?

NOTE: Low income subjects may be eligible for financial aid based on income after spend down criteria is applied.

Oral Health Promotion/Perceptions and Oral Health

A comprehensive definition of Dental Disease is: Any deviation from normal in the condition of the teeth and their supporting hard and soft structures.

Origins of dental disease are systemic, genetic, or environmental.

The major thrust in health promotion in dentistry is control of the oral environment. Lack of such control results in the most prevalent problems, namely, caries and periodontal disease.

Caries and Periodontal Disease

Causes	Control	Commitment
Presence of Plaque (Food, Saliva bacteria) (aerobes-supra gingival cause cavities) (anerobes-subgingival pertinent factor in periodontia)	Brush, Rinse, Floss Fluoridate-Topical-Systemic Nutrition-Diet	Must result from individual's conviction. Can only be a product of reinforced education.

The advent of fluoridated community water supplies has made caries a diminishing problem. Urban and rural communities must be encouraged to provide optimal fluoride levels.

The role and responsibility of the health provider is first to appropriately meet the immediate need, second, to provide education that promotes good health and prevents disease and third, to be aware of available resources so that emerging needs can be met.

Resources: Ohio Health Promotion Network, Infoline, Shrine (for handicapped), Summit-Portage Area Health Education Network (for DD patients), Akron Dental Society, Beacon Journal Fund, Akron Department of Health, Summit County Department of Health, Ohio Health Department

Dental Disease

Dental disease is any deviation from normal in the condition of the teeth or their supporting hard or soft tissues.

Prevention

Plaque Control
Oral Hygiene
Nutrition

Vocabulary

The 'Dontists:
- Prostho
- Endo
- Perio
- Exo
- Ortho
- Pedo

Causes **Environmental, Bacterial, Anatomical, Systemic

Control **Oral Hygiene, Professional Treatment, Nutrition

Commitment **Personal Motivation to Succeed

PLAQUE CONTROL

Composition

Bacteria - Aerobes, Anerobes
Food - Carbohydrates, Sugars
Saliva - Soluent and Transport

Identification

Food Coloring
Disclosing Tablets

Control

Oral Hygiene
- Brush
- Rinse
- Floss
- Fluoridate

Nutrition
- Vitamins
- Minerals
- Carbohydrates
- Sugar
- Fluorides
- Frequency of Feeding
- Duration of Feeding

The process we will use for the education of Trainers and Co-trainers will be: 1.an assessment of the trainers expertise,2.guidance by resource faculty of trainers application of knowledge gains from resources provided,3.explore systems for evaluation of the target population's behavioural change,trainers effectiveness and the process used.

When training is completed the Trainer and Co-trainer will:

1. Understand the individual oral health needs of the well elderly targeted.

2. Develop a simple evaluation system for determining the effectiveness of the training as related to the process and the target's behavioural changes.

3. Be knowledgeable about the basics involved in good oral hygiene practices.

4. Be knowledgeable about resources available to the trainer and to the target population.

C.2 Training Session Evaluation

TRAINING SESSION EVALUATION

Please complete the following scales by placing a check in the blank which best represents your opinion for each of the stimulus statements presented:

Effectiveness of Communication Training

Worthless :_____:_____:_____:_____:_____:_____:_____: Valuable

Good :_____:_____:_____:_____:_____:_____:_____: Bad

Boring :_____:_____:_____:_____:_____:_____:_____: Interesting

Important :_____:_____:_____:_____:_____:_____:_____: Unimportant

Superficial :_____:_____:_____:_____:_____:_____:_____: Detailed

Effective :_____:_____:_____:_____:_____:_____:_____: Ineffective

Useful :_____:_____:_____:_____:_____:_____:_____: Nonuseful

Too Much :_____:_____:_____:_____:_____:_____:_____: Too Little

Well Done :_____:_____:_____:_____:_____:_____:_____: Poorly Done

Effectiveness of Nutrition Training

Worthless :_____:_____:_____:_____:_____:_____:_____: Valuable

Good :_____:_____:_____:_____:_____:_____:_____: Bad

Boring :_____:_____:_____:_____:_____:_____:_____: Interesting

Important :_____:_____:_____:_____:_____:_____:_____: Unimportant

Superficial :_____:_____:_____:_____:_____:_____:_____: Detailed

Effective :_____:_____:_____:_____:_____:_____:_____: Ineffective

Useful :_____:_____:_____:_____:_____:_____:_____: Nonuseful

Too Much :_____:_____:_____:_____:_____:_____:_____: Too Little

Well Done :_____:_____:_____:_____:_____:_____:_____: Poorly Done

Effectiveness of Exercise Training

Worthless :_____:_____:_____:_____:_____:_____:_____: Valuable

Good :_____:_____:_____:_____:_____:_____:_____: Bad

Boring :_____:_____:_____:_____:_____:_____:_____: Interesting

Important :_____:_____:_____:_____:_____:_____:_____: Unimportant

Superficial :_____:_____:_____:_____:_____:_____:_____: Detailed

Effective :_____:_____:_____:_____:_____:_____:_____: Ineffective

Useful :_____:_____:_____:_____:_____:_____:_____: Nonuseful

Too Much :_____:_____:_____:_____:_____:_____:_____: Too Little

Well Done :_____:_____:_____:_____:_____:_____:_____: Poorly Done

Effectiveness of Pharmacology Training

Worthless :_____:_____:_____:_____:_____:_____:_____: Valuable

Good :_____:_____:_____:_____:_____:_____:_____: Bad

Boring :_____:_____:_____:_____:_____:_____:_____: Interesting

Important :_____:_____:_____:_____:_____:_____:_____: Unimportant

Superficial :_____:_____:_____:_____:_____:_____:_____: Detailed

Effective :_____:_____:_____:_____:_____:_____:_____: Ineffective

Useful :_____:_____:_____:_____:_____:_____:_____: Nonuseful

Too Much :_____:_____:_____:_____:_____:_____:_____: Too Little

Well Done :_____:_____:_____:_____:_____:_____:_____: Poorly Done

Effectiveness of Dentistry Training

Worthless :_____:_____:_____:_____:_____:_____:_____: Valuable

Good :_____:_____:_____:_____:_____:_____:_____: Bad

Boring :_____:_____:_____:_____:_____:_____:_____: Interesting

Important :_____:_____:_____:_____:_____:_____:_____: Unimportant

Superficial :_____:_____:_____:_____:_____:_____:_____: Detailed

Effective :_____:_____:_____:_____:_____:_____:_____: Ineffective

Useful :_____:_____:_____:_____:_____:_____:_____: Nonuseful

Too Much :_____:_____:_____:_____:_____:_____:_____: Too Little

Well Done :_____:_____:_____:_____:_____:_____:_____: Poorly Done

Effectiveness of Integration of Four Disciplines Using Case Histories

Worthless :_____:_____:_____:_____:_____:_____:_____: Valuable

Good :_____:_____:_____:_____:_____:_____:_____: Bad

Boring :_____:_____:_____:_____:_____:_____:_____: Interesting

Important :_____:_____:_____:_____:_____:_____:_____: Unimportant

Superficial :_____:_____:_____:_____:_____:_____:_____: Detailed

Effective :_____:_____:_____:_____:_____:_____:_____: Ineffective

Useful :_____:_____:_____:_____:_____:_____:_____: Nonuseful

Too Much :_____:_____:_____:_____:_____:_____:_____: Too Little

Well Done :_____:_____:_____:_____:_____:_____:_____: Poorly Done

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C.3 Content Evaluation

CONTENT EVALUATION Name _______________________

For each of the statements, please react to the following stimulus person: WELL ELDERLY PERSON WHO HAS VOLUNTEERED TO PARTICIPATE IN THIS PROJECT

I would :_____:_____:_____:_____:_____:_____:_____: I would not
tense up when talking

I would :_____:_____:_____:_____:_____:_____:_____: I would not
check the participant's understanding

I would :_____:_____:_____:_____:_____:_____:_____: I would not
think ahead to my next question

I would :_____:_____:_____:_____:_____:_____:_____: I would not
use an open-ended phrase to get specific information

I would :_____:_____:_____:_____:_____:_____:_____: I would not
deviate from the care plan

I would :_____:_____:_____:_____:_____:_____:_____: I would not
consult with the Resource Faculty on all issues not addressed by the care plan

I would :_____:_____:_____:_____:_____:_____:_____: I would not
set an example for peers by eating appropriately

I would :_____:_____:_____:_____:_____:_____:_____: I would not
explain the influence of exercise on blood pressure

I would :_____:_____:_____:_____:_____:_____:_____: I would not
explain exercise limitations to participants with heart problems

I would :_____:_____:_____:_____:_____:_____:_____: I would not
stop a participant from exercising if nausea, shortness of breath, etc., develops

I would :_____:_____:_____:_____:_____:_____:_____: I would not
emphasize the importance of warm up and cool down

I would :_____:_____:_____:_____:_____:_____:_____: I would not
monitor the participant's prescribed care plan

I would :_____:_____:_____:_____:_____:_____:_____: I would not
gather new medication information and refer it to the Resource Faculty

I would :_____:_____:_____:_____:_____:_____:_____: I would not
call paramedics if a life threatening situation arose

I would :_____:_____:_____:_____:_____:_____:_____: I would not
give the impression that over-the-counter medications are drugs

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C.4 Faculty Evaluation of Trainer/Co-Trainer

FACULTY EVALUATION OF TRAINER/CO-TRAINER

Faculty Name ____________________________

Trainer/Co-Trainer Name ____________________________

Discipline Specific Section

Please rate each Trainer/Co-Trainer as soon after the discipline specific training session as possible:

1. **Did the person participate?**
   Not At All :_____:_____:_____:_____:_____:_____:_____: Very Much
2. **Does the person know how to use the Training Manual?**
   Not At All :_____:_____:_____:_____:_____:_____:_____: Very Much
3. **Does the person know when to refer to the Resource Faculty?**
   Not At All :_____:_____:_____:_____:_____:_____:_____: Very Much
4. **Does the person have a conceptual understanding of the material?**
   Not At All :_____:_____:_____:_____:_____:_____:_____: Very Much
5. **Does the person need more training?**
   Not At All :_____:_____:_____:_____:_____:_____:_____: Very Much

Case History Integration Section

Please rate each Trainer/Co-Trainer as soon after the case history integration section as possible:

1. **Did the person participate?**
   Not At All :_____:_____:_____:_____:_____:_____:_____: Very Much
2. **Did the person demonstrate an ability to integrate the material from the four disciplines?**
   Not At All :_____:_____:_____:_____:_____:_____:_____: Very Much

Global Rating: _____ Pass

_____ Fail

Any other comments:

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C.5 Co-Trainer Evaluation Results

TO: LARRY SCHMITH
FROM: RON BOBNER & ISADORE NEWMAN
DATE: JULY 12, 1987

SUBJECT: RESULTS OF CO-TRAINING SESSION EVALUATION

TRAINING SESSION EVALUATIONS. Please find attached summary and individaul graphs for the student ratings of the curriculum discipline presentations and the integration session. I have also included a copy of the numeric tally sheet used to create the graphs. The individual discipline graphs were designed as feedback for each group.

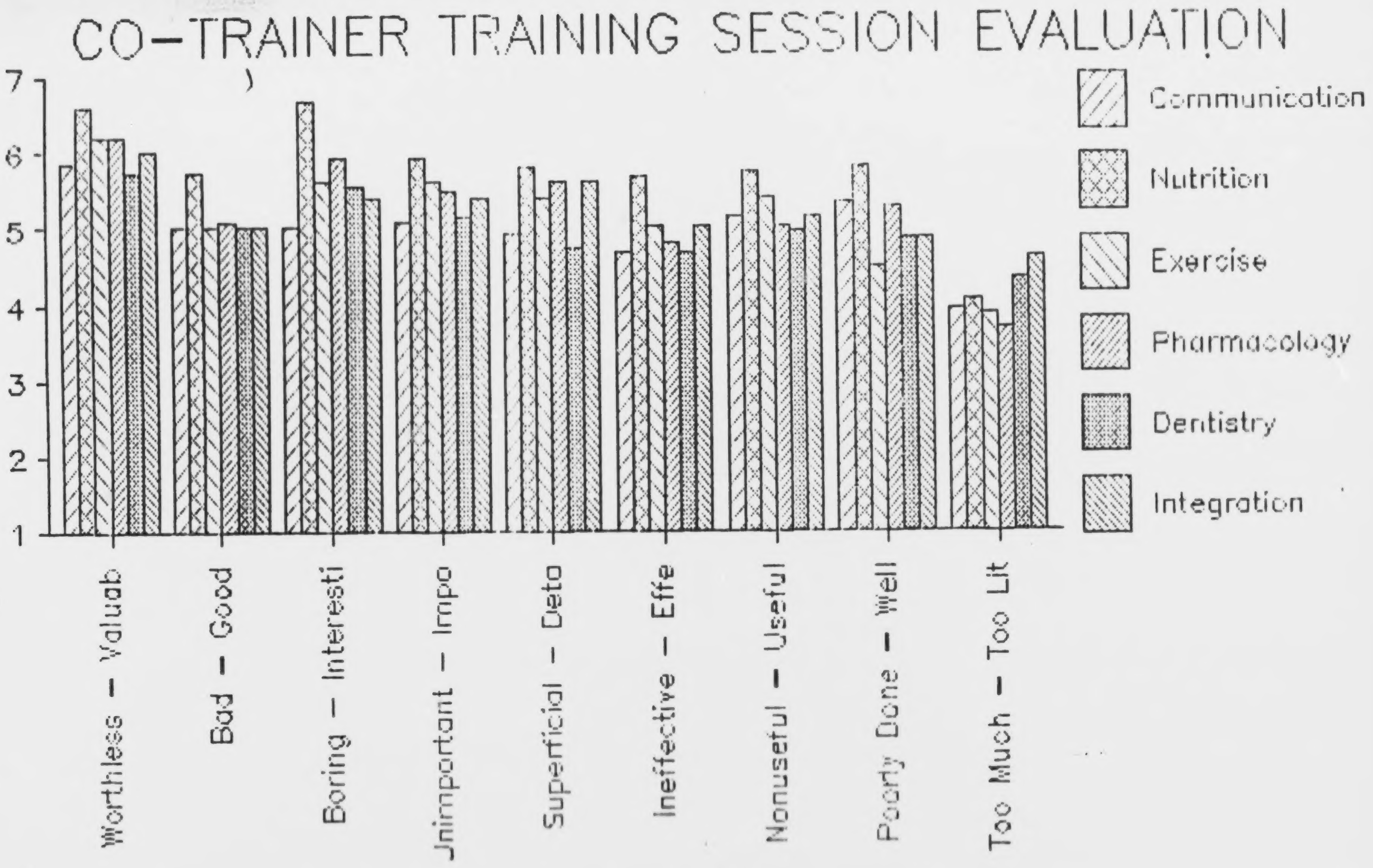
Please note that in figuring the scores, all inverted scales were converted so that the best rating have the highest score. This conversion effected the good-bad, important-unimportant, effective-ineffective, useful-nonuseful, and well done-poorly done scales.

The results of the co-trainers' ratings of the various presentations suggest that all groups were rated above the median (defined as the neutral point on the scales: "4") for all bipolar scales. The scales included in this group were worthless-valuable, bad-good, boring-interesting, unimportant-important, superficial-detailed, ineffective-effective nonuseful-useful, and poorly done-well done.

The remaining scale, too little-too much, can be interpreted as considering the neutral point, "4", the "best" answer. All groups were close to this score.

Based on the comments written on two of the co-trainers' sheets, there was some expectation that the sessions would define the co-trainers' responsibilities to a greater extent than was perceived. This might be a problem with other co-trainers and could be rectified by sending a memo delineating their responsibilities.

CONTENT EVALUATIONS. In order to complete the aqnalysis of the content evaluations, it will be necessary to ask the faculty to rate each of the scales in order to obtain the "best" answer to each of the scales. Would it be possible to arrange for this either at the next meeting or through the mail?

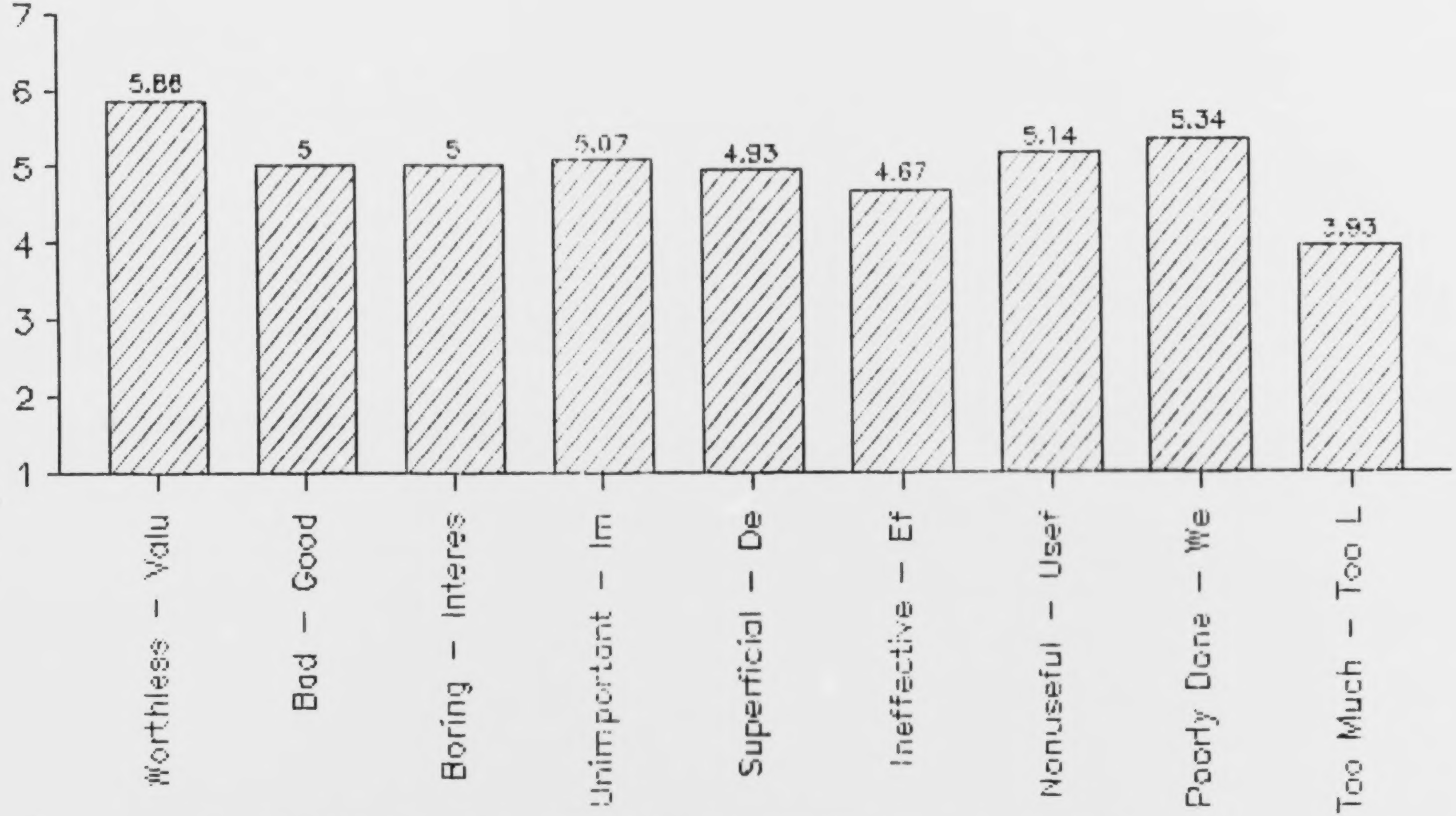


The results of the co-trainers' ratings of the various presentations suggest that all groups were rated above the median (defined as the neutral point on the scales: "4") for all bipolar scales. The scales included in this group were worthless-valuable, bad-good, boring-interesting, unimportant-important, superficial-detailed, ineffective-effective nonuseful-useful, and poorly done-well done.

The remaining scale, too little-too much, can be interpreted as considering the neutral point, "4", the "best" answer. All groups were close to this score.

CO-TRAINER TRAINING SESSION EVALUATION

Communication Training



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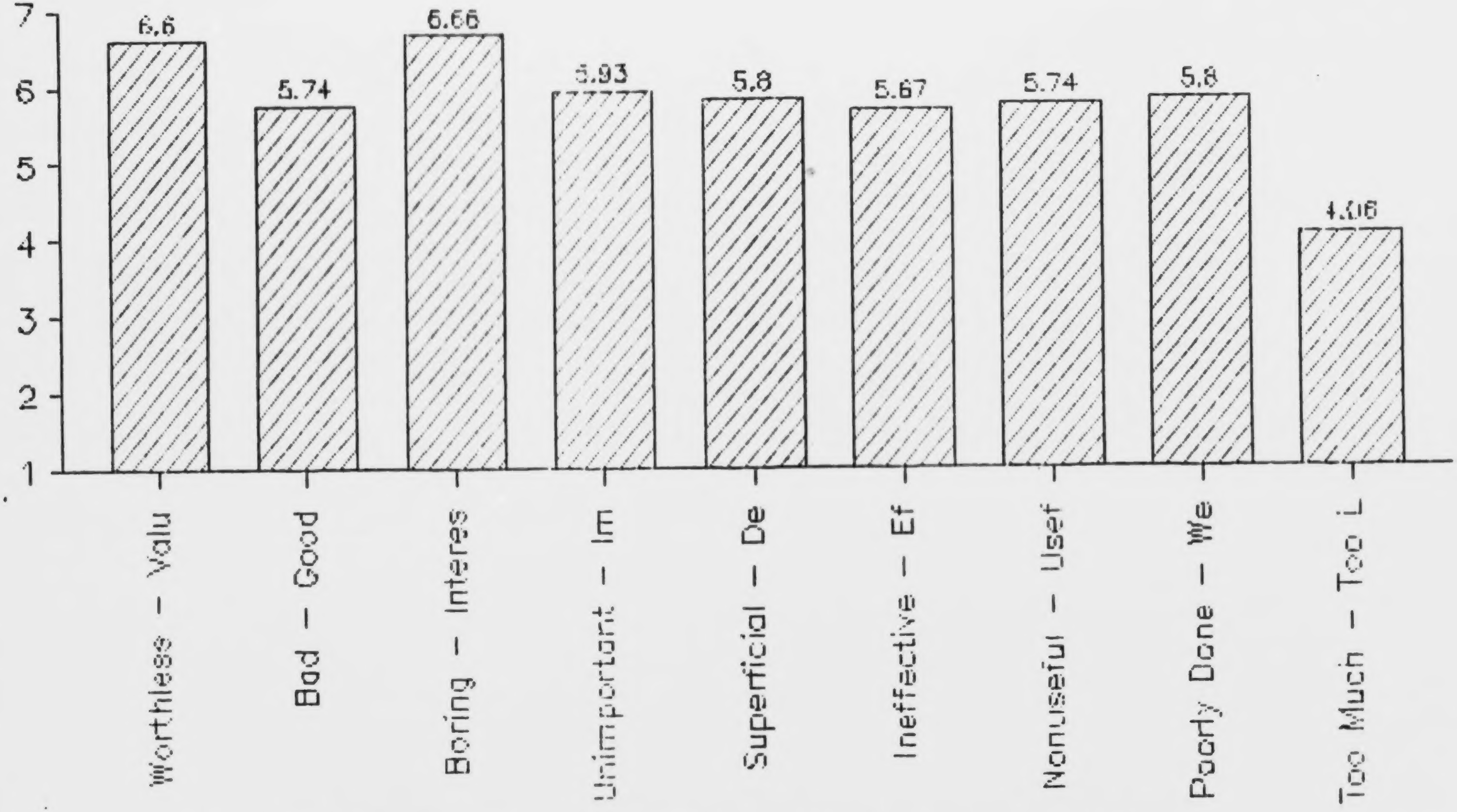
The remaining scale, too little-too much, can be interpreted as considering the neutral point, "4", the "best" answer. All groups were close to this score.

CO-TRAINER TRAINING SESSION EVALUATION

Nutrition Training



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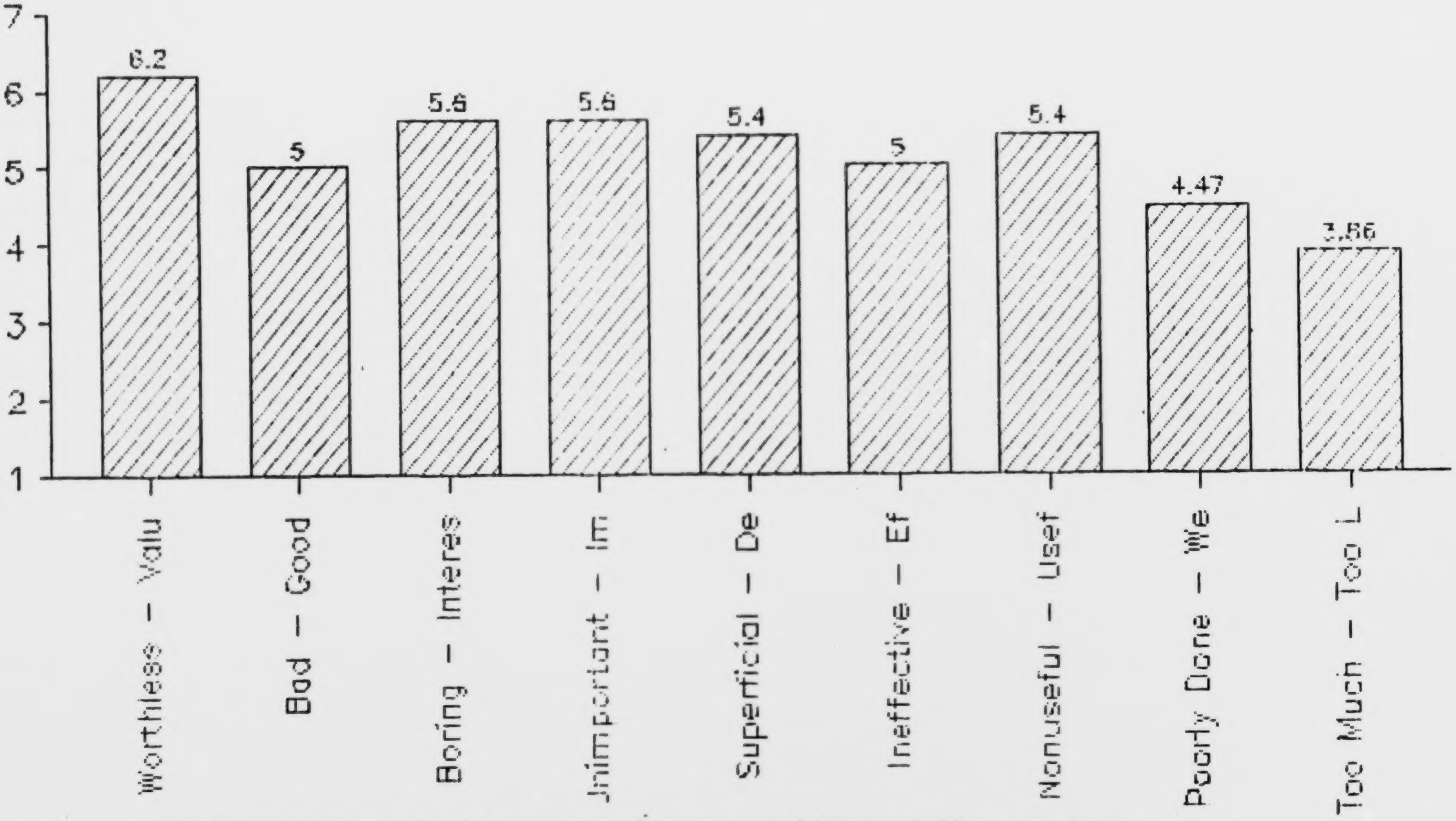
The remaining scale, too little-too much, can be interpreted as considering the neutral point, "4", the "best" answer. All

CO-TRAINER TRAINING SESSION EVALUATION

Exercise Training



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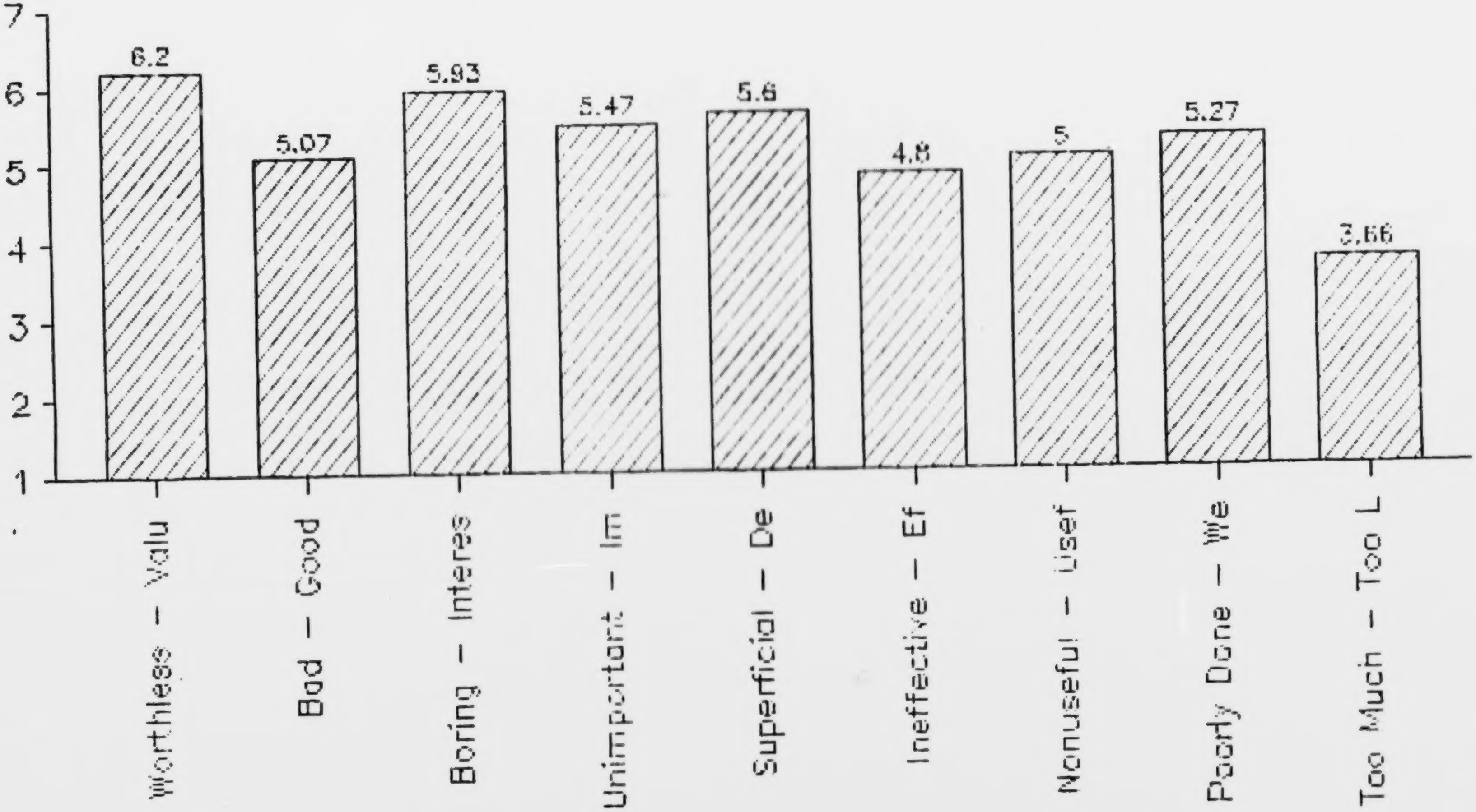
The remaining scale, too little-too much, can be interpreted as considering the neutral point, "4", the "best" answer. All groups were close to this score.

CO-TRAINER TRAINING SESSION EVALUATION

Pharmacology Training



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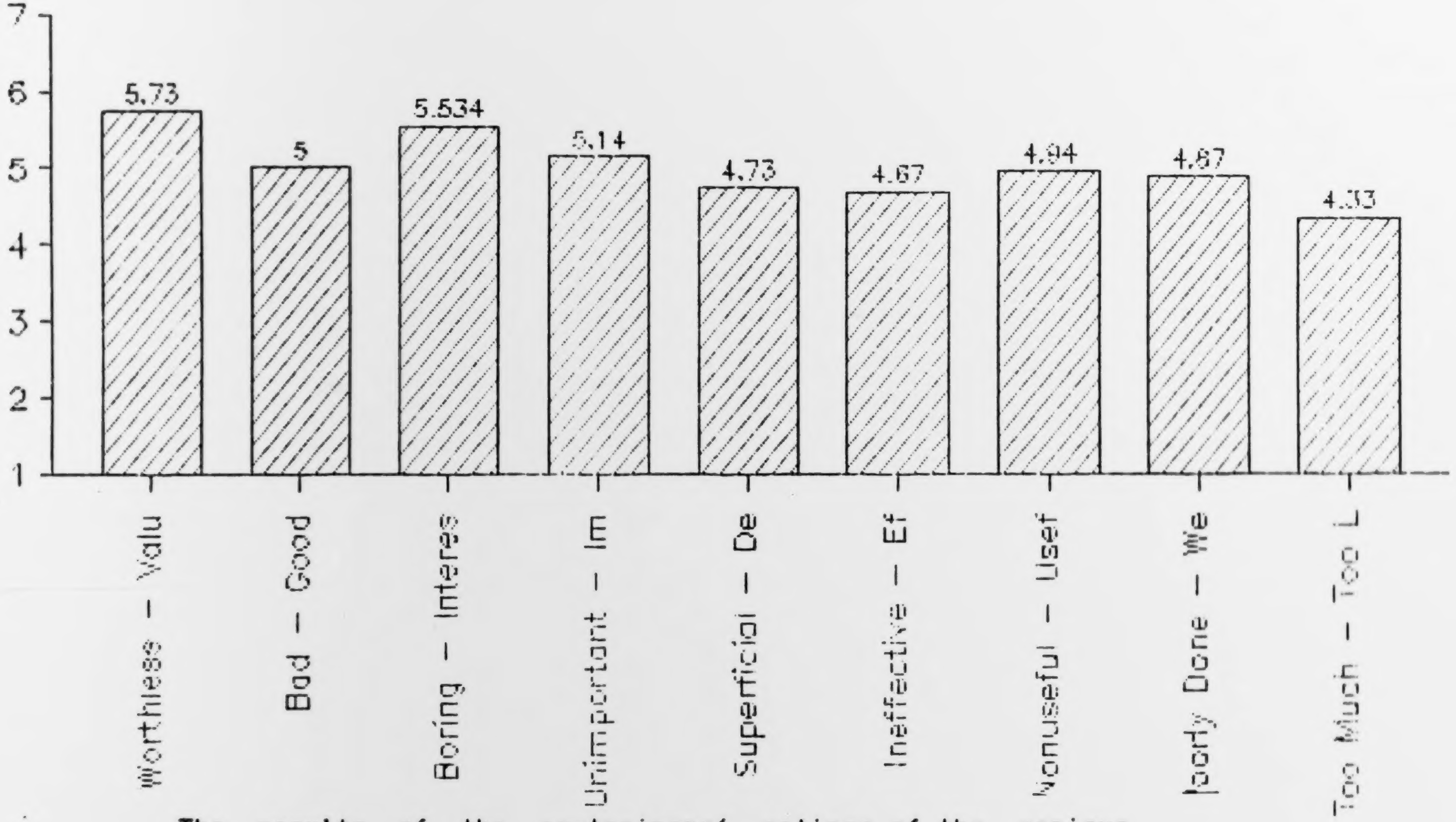
The remaining scale, too little-too much, can be interpreted as considering the neutral point, "4", the "best" answer. All groups were close to this score.

CO-TRAINER TRAINING SESSION EVALUATION

Dentistry Training

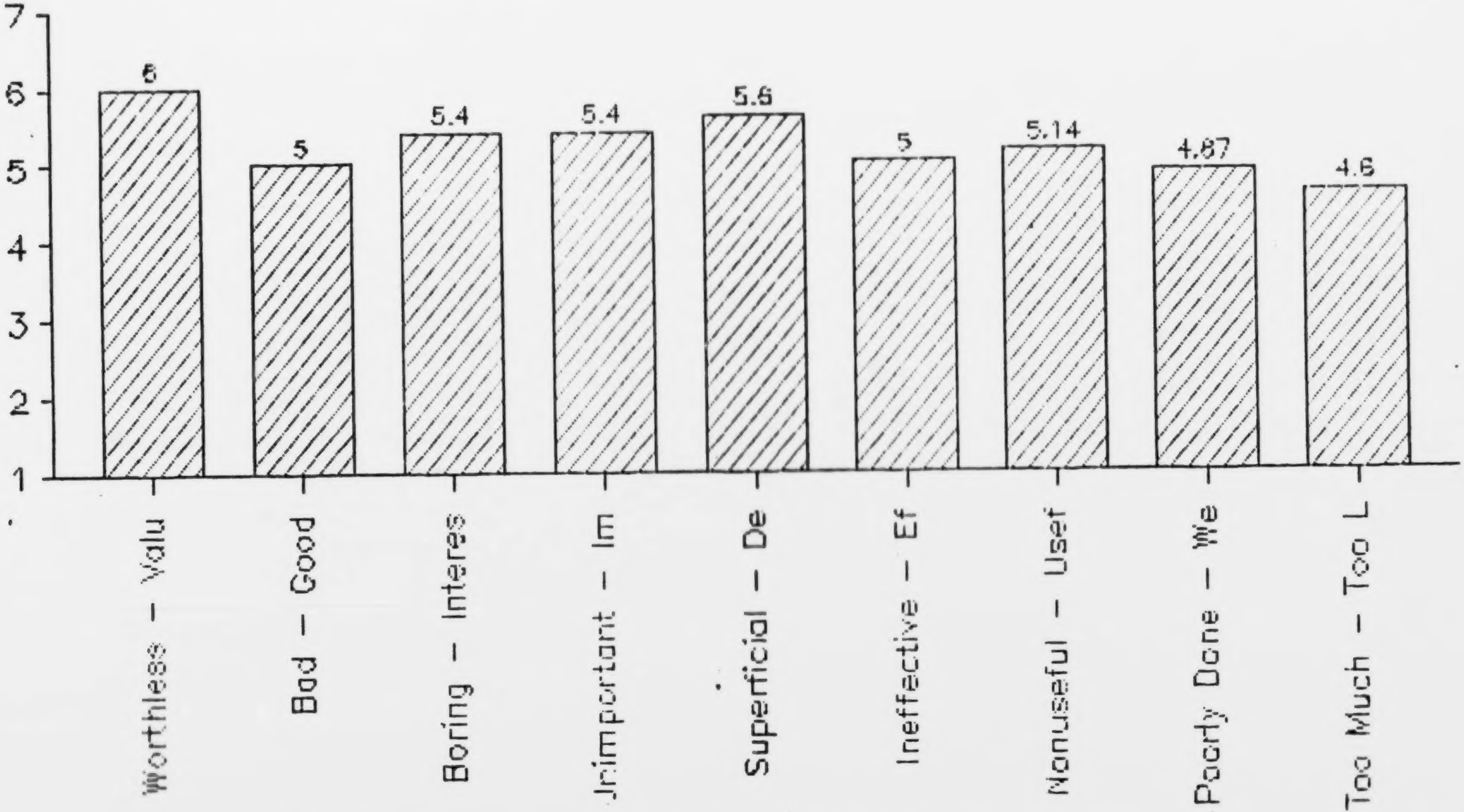


The results of the co-trainers' ratings of the various presentations suggest that all groups were rated above the median (defined as the neutral point on the scales: "4") for all bipolar scales. The scales included in this group were worthless-valuable, bad-good, boring-interesting, unimportant-important, superficial-detailed, ineffective-effective nonuseful-useful, and poorly done-well done.

The remaining scale, too little-too much, can be interpreted as considering the neutral point, "4", the "best" answer. All groups were close to this score.

CO-TRAINER TRAINING SESSION EVALUATION

Integration - Case Histories



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The remaining scale, too little-too much, can be interpreted as considering the neutral point, "4", the "best" answer. All groups were close to this score.

Appendix D

Outcome Measures

D.1 Personal Lifestyle Survey

The following questionnaire is a very important first step in what will be an exciting and worthwhile program from which you will receive the benefits. Simply put, we hope these benefits will be a long, fruitful, and continuing healthy and independent lifestyle.

Please help us to properly help you. The expert resource group that will be reviewing each survey response on a strictly confidential basis needs very accurate and complete information to be in a position to make helpful, accurate and meaningful recommendations.

We realize there are a lot of questions and a lot of information is being requested. However, to make this program relevant to your needs, it is important to know as much about you as possible.

We sincerely appreciate your cooperation and participation.
Thank you.

Ronald F. Bobner
Ronald Bobner, Ed.D.
Evaluation

Robert Gandee, Ph.D.
Exercise

Paul Goodwin
Paul Goodwin, Ph.D.
Psychology

V. Ruth Gray
V. Ruth Gray, Ed.D., R.N.
Pharmacology

Marcus Haug
Marcus Haug, III, Pharm.D.
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E. Gay Lindsay
E. Gay Lindsay, M.S.N., R.N.
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Chris D. Marquart
Chris Marquart, M.D.
Medicine

Isadore Newman
Isadore Newman, Ph.D.
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Julie Perisutti
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Project Assistant

Pamela Price
Pamela Price, M.S., R.D.
Nutrition

Milton Rubin DDS
Milton Rubin, D.D.S.
Dentistry

M. Larry Schmith
M. Larry Schmith
Project Coordinator

SUMMIT-PORTAGE
AREA HEALTH
EDUCATION NETWORK
441 WOLF LEDGES PARKWAY, SUITE 300
AKRON, OH 44311
(216) 374-0800

THE FOLLOWING QUESTIONNAIRE IS A VERY IMPORTANT FIRST STEP IN WHAT WILL BE AN EXCITING AND WORTHWHILE PROGRAM FROM WHICH YOU WILL RECEIVE THE BENEFITS. SIMPLY PUT, WE HOPE THESE BENEFITS WILL BE A LONG, FRUITFUL, AND CONTINUING HEALTHY AND INDEPENDENT LIFESTYLE.

PLEASE HELP US TO PROPERLY HELP YOU. THE EXPERT RESOURCE GROUP THAT WILL BE REVIEWING EACH SURVEY RESPONSE ON A STRICTLY CONFIDENTIAL BASIS NEEDS VERY ACCURATE AND COMPLETE INFORMATION TO BE IN A POSITION TO MAKE HELPFUL, ACCURATE, AND MEANINGFUL RECOMMENDATIONS.

WE REALIZE THERE ARE A LOT OF QUESTIONS AND A LOT OF INFORMATION IS BEING REQUESTED. HOWEVER, TO MAKE THIS PROGRAM RELEVANT TO YOUR NEEDS, IT IS IMPORTANT TO KNOW AS MUCH ABOUT YOU AS POSSIBLE.

WE SINCERELY APPRECIATE YOUR COOPERATION AND PARTICIPATION. THANK YOU.

RONALD BOBNER, ED.D.
EVALUATION

ROBERT GANDEE, PH.D.
EXERCISE

PAUL GOODWIN, PH.D.
PSYCHOLOGY

V. RUTH GRAY, ED.D., R.N.
PHARMACOLOGY

MARCUS HAUG, III, PHARM.D.
PHARMACOLOGY

E. GAY LINDSAY, M.S.N., R.N.
NUTRITION

CHRIS MARQUART, M.D.
MEDICINE

ISADORE NEWMAN, PH.D.
EVALUATION

JULIE PERISUTTI
PROJECT ASSISTANT

PAMELA PRICE, M.S., R.D.
NUTRITION

MILTON RUBIN, D.D.S.
DENTISTRY

M. LARRY SCHMITH
PROJECT COORDINATOR

WELL ELDERLY INTEGRATED TRAINING PROJECT
PERSONAL LIFESTYLE SURVEY

ID# _____

Site: ________________________________

PART I

A. DEMOGRAPHIC DATA

1. What is your age? _____
2. What is your sex? _____
3. Current marital status? Married Single Divorced Widowed
4. How long have you been in the above status? _____
5. Work Status: Check (✓) one or more

5A Retired
5B Unemployed
5C Housewife
5D Employed part-time
5E Employed regularly
5F Unable to work

If working, please specify type of work 5G

6. How many people live with you in your household? _____
7. Indicate below the type of housing you now have: Check (✓) one

_____ Apartment
_____ Retirement Home
_____ Living with Relatives
_____ Other (Please specify) _______________
_____ Senior High-Rise Apartment
_____ Home

8. Have you changed your residence in the last year? Circle one: YES NO
9. Highest level of education: Check (✓) one

_____ Elementary
_____ High School
_____ Vocational or Technical School
_____ Other
_____ Bachelor's Degree
_____ Beyond Bachelor's Degree

10. My present state of health is:

______ Excellent ______ Good ______ Fair ______ Poor

11. I am experiencing a temporary health problem: YES NO

12. Do you have any disabilities? ____________________

13. I have the following medical problems:
Check all that apply

13A Arthritis

13B Skin Problems

13C Circulatory or blood vessel problems

13D Cancer or Tumors

13E Urinary Problems

13F Loss of Hearing

13G Lung/Breathing Problems

13H Stroke

13I Dental/Denture Problems

13J Stomach/Bowel Problems

13K Diabetes

13L High Blood Pressure

13M Anemia

13N Glaucoma or Cataracts

13O Thyroid Problems

13P Allergies

Any others? Specify: 13Q

14. The number of different medications I am taking (both prescription and non-prescription including vitamins, aspirin, etc.):

______ None ______ 1-3 kinds ______ 4-5 kinds

______ 7-10 kinds ______ More than 10 kinds

15. How do you perceive your current income? Check (✓) one

______ Adequate to meet my needs

______ Barely adequate to meet my needs with little available for health promotion

______ Inadequate even for meeting my basic needs

ID# ______

16. My present household monthly income is: Check (✓) one

______ Less than $400
______ $400-$800
______ $800-$1250
______ Above $1250

17. Name any of the Federal, State, or Local financial, health, or other benefits you are receiving (for example, Medicaid, Medicare, Subsidized Housing, Disability, Dental Insurance, etc.): ____________

____

____

____

18. Indicate in the following items the date of the last visit:

MONTH	YEAR	
18 A		Medical Checkup
18 C		Dental Checkup
18C		Eye Examination
18D		Hearing Examination
18E		Blood Pressure Screening
18F		Electrocardiogram (EKG)
18G		Urologic Exam

19. Other comments: ____________________

____

____

____

____

____

Page 4. ID# _____

The following items can be responded to by answering:

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

Place a check (✓) in the appropriate space:

B. DEVELOPMENTAL ACTIVITIES	YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
1. I consider myself a productive member of society.	____	____	____
2. I feel respected by family and friends.	____	____	____
3. I find meaning and satisfaction in my daily life.	____	____	____
4. I can understand and relate to the changes in today's world	____	____	____
5. I consider myself an independent person	____	____	____
6. I have a positive self-image.	____	____	____
7. I am interested in creative outlets	____	____	____
8. I maintain some responsibilities within my family	____	____	____
9. I get strength from my religious beliefs	____	____	____
10. I have a sense of spiritual fulfillment	____	____	____
11. I have attained my goals for life	____	____	____
12. I am establishing new goals for the future	____	____	____
13. I get as much satisfaction out of things as I used to	____	____	____
14. I am comfortable in making decisions	____	____	____
15. I am satisfied with my personal appearance	____	____	____
16. I feel society responds in a positive way to senior citizens	____	____	____

ID# _____

PAGE 5.

YES/USUALLY SOMETIMES/MAYBE No/Rarely

	YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
17. I am optimistic about life and aging	___	___	___
18. I have experienced the loss of a loved one within the last year	___		___
18a. I have adjusted to this loss	___	___	___
19. I am interested in continued learning.	___	___	___

C. PSYCHOSOCIAL ACTIVITIES

	YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
1. I am involved in family and social activities outside of my home.	___	___	___
2. I confide in one or more close friends about personal concerns	___	___	___
3. I can speak freely about my feelings when I am angry or worried..	___	___	___
4. I keep up with current events	___	___	___
5. I continue to feel that sexual needs are an important part of my life	___	___	___
6. My sexual needs are being met	___	___	___
7. I have at least one relative within 50 miles on whom I can call for special needs.	___	___	___
8. I have a network of friends and acquaintances	___	___	___
9. I participate in community service activities	___	___	___
10. I feel lonely	___	___	___
11. I feel depressed.	___	___	___
12. I worry about things in general	___	___	___
13. I have goals.	___	___	___
14. I feel tense, anxious, or nervous	___	___	___

PAGE 6.

ID#_____

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

		YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
15.	I am greatly upset by criticism.	___	___	___
16.	I avoid social activities when possible.	___	___	___
17.	I am comfortable initiating a conversation	___	___	___
18.	I have a sense of "belonging".	___	___	___
19.	I prefer doing things alone.	___	___	___
20.	I accept responsibility.	___	___	___
21.	I am flexible in dealing with problems	___	___	___
22.	I have planned recreation and leisure time	___	___	___
23.	I participate in planned activities for senior citizens.	___	___	___
24.	I am uncomfortable when I am alone	___	___	___
25.	I let people take advantage of me.	___	___	___
26.	I get anxious when I have nothing to do.	___	___	___
27.	I have tension or migraine headaches	___	___	___
28.	I give and receive affection regularly	___	___	___
29.	I do something for fun at least once a week.	___	___	___
30.	I looked forward to and planned for my retirement	___	___	___

PART II

D. ACTIVITIES OF DAILY LIVING

1.	I have a daily routine for personal hygiene (Example: bathing and care of teeth).	___	___	___
2.	I shampoo my hair regularly.	___	___	___
3.	I change my underwear and socks daily.	___	___	___

PAGE 7. ID#______ YES/USUALLY SOMETIMES/MAYBE NO/RARELY

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

4. I still have most of my own teeth. . . . . ____ ____ ____
   4a. My missing teeth are satisfactorily replaced by full or partial dentures. . . . . . . ____ ____ ____
5. I get 7-8 hours of sleep at least 4 nights a week. . ____ ____ ____
6. I have trouble sleeping at night . . . . ____ ____ ____
7. I plan for rest and relaxation periods during the day. ____ ____ ____
8. I smoke or live with a smoker. . . . . ____ ____ ____
9. I gave up smoking . . . Within the last 1-4 years. . ____
   5-10 years ago . . . . ____
   More than 10 years ago . . . ____
   Never smoked . . . . ____
10. I have an annual physical examination. . . . . ____ ____ ____
11. I have a yearly dental checkup . . . . ____ ____ ____
12. I do a monthly self-breast examination (Women) . . . ____ ____ ____
    I do a monthly scrotal examination (Men) . . . . ____ ____ ____
13. I have annual checkups for blood in my stool . . . . ____ ____ ____
14. I see my doctor regularly for a pap test (Women) . . ____ ____ ____
    I see my doctor regularly for a prostate exam (Men). ____ ____ ____
15. I keep my immunizations up-to-date (example: tetanus, flu vaccine, pneumonia vaccine) . . . . . . ____ ____ ____
16. I maintain my weight within desirable limits . . . . ____ ____ ____
17. I accept responsibility for my own behavior. . . . . ____ ____ ____
18. I can improve my health. . . . . ____ ____ ____
19. I am able to organize my time effectively. . . . . . ____ ____ ____

ID#_____

FREQUENCY

In Part III, please use the frequency space to estimate how many times you perform the activity each week.

PART III

E. PHYSICAL FITNESS ACTIVITIES

1. I have a planned exercise program . . . . ___
2. I go up and down at least 3 flights of stairs a day . . . . ___
3. I engage in one or more of the following physical activities regularly:

active sports 3A

swimming. 3B

jogging 3C

working in the garden 3D

housework 3E

dancing 3F

physical exercises (calisthenics) 3G

golf/bowling. 3H

bicycling 3I

stretching exercises. 3J

other (specify) ______________________ 3K

4. I use my leisure time for the following activities:

reading 4A

television. 4B

handicraft work 4C

home workshop 4D

other (please specify) ______________________ 4E

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ID#_____

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

	YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
5. I am able to perform my activities of daily living without assistance			
6. I know how to take my pulse and monitor the effects of exercise			
7. I have full use of my muscles and joints			
8. I am positive about my level of fitness			
9. I walk 1/2 mile each day			

PART IV

F. SAFETY ACTIVITIES

1. My home or room is free from clutter			
2. I have sufficient lighting inside and outside my home to avoid accidents			
3. I use throw rugs in my home			
4. My stairways are well lighted and have handrails			
5. I have non-slip grab bars in my tub/shower			
6. I wear well-fitted shoes and slippers to walk around my home			
7. I avoid extremes in temperatures			
8. I am aware of a loss of:			
vision			8A
hearing			8B
touch/feeling			8C
smell			8D
taste			8E
balance			8F

ID#_____

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

	YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
9. I drive within 10 M.P.H. of the speed limit	____	____	____
10. I wear seat belts when driving/riding in a car. . .	____	____	____
11. I avoid driving after drinking 2 or more alcoholic beverages	____	____	____
12. I feel secure in my home.	____	____	____
13. I am safe in my neighborhood.	____	____	____
14. I know how to reach emergency services.	____	____	____
15. I keep current emergency numbers by the telephone	____	____	____
16. I have a plan for handling an emergency in my home.	____	____	____
17. I have a smoke detector in my home.	____	____	____
18. I have a way of signaling my neighbors in the event of an emergency	____	____	____
19. I carry an identification tag/bracelet/key ring to indicate special health problems.	____	____	____
20. I must rely on public or others for transportation.	____	____	____
21. My dentures are easily identified	____	____	____
22. My dentures are out of the reach of children or pets	____	____	____

PART V

G. NUTRITION ACTIVITIES

1. I eat at regular times of the day	____	____	____
2. I eat at least 2 servings of milk, cheese, or yogurt per day	____	____	____

ID#______

PAGE 11.

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

		YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
3.	I eat at least 2 servings of protein (meat, fish, poultry, eggs, legumes, dry beans, or peanut butter) per day			
4.	I eat at least 4 servings of carbohydrates (breads, rolls, cereals, crackers, rice, pasta, or noodles) per day			
5.	I eat at least 4 servings of fruits or vegetables per day			
6.	I snack between meals			
7.	I eat three meals a day			
8.	I cook my own meals			
9.	I eat alone			
10.	I avoid foods that are healthy because of cost.			
11.	My appetite is affected by:			
	decreased taste			11A
	loss of teeth			11B
	dietary restrictions.			11C
	loneliness.			11D
	ill fitting partials or full dentures			11E
12.	I eat out 1 or 2 times a week			
13.	I eat out more than twice a week.			
14.	I drink 6-8 glasses of water a day.			
15.	I take time to sit down and enjoy a meal.			
16.	I take vitamin supplements.			
17.	I take mineral supplements.			
18.	I add salt to foods after preparation			

ID#______

PAGE 12.

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

		YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
19.	I drink less than 3 caffeinated beverages (coffee, tea, colas) per day.			
20.	I drink less than 2 alcoholic (beer, wine whiskey) beverages per day.			
21.	I eat or drink when I feel tense			
22.	I read food labels.			
23.	I know the difference between saturated/ unsaturated fats.			
24.	I include high fiber foods in my daily life			
25.	I eat deep green or dark yellow vegetables 3 to 4 times a week			
26.	I avoid fried and fatty foods			
27.	I include foods from the cabbage family (brussel sprouts, cauliflower, broccoli) in my daily meals			
28.	I eat fish and chicken at least 4 times a week			
29.	I am overweight			
30.	I am underweight.			
31.	If I had questions about nutrition, I would ask:			
	doctor.			31A
	nurse			31B
	dietitian			31C
	nutrition store			31D
	rely on magazines			31E
32.	I know which foods I should avoid or increase in my diet because of medications I am taking			

ID#_____

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

H. ACTIVITIES REGARDING MEDICATIONS

	YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
1. I know the names of all medications I am taking .	____	____	____
2. I know the purpose of the medications I take both prescription and non-prescription.	____	____	____
3. I am aware of the recommended dose of each medication	____	____	____
4. I am familiar with side effects of my medications	____	____	____
5. I report problems with my medications to my physician	____	____	____
6. I tell my doctor about any non-prescription medications that I am taking	____	____	____
7. Any special precautions regarding my medication procedure have been explained to me and I understand them	____	____	____
8. I keep my medications in a cool, dry place away from direct heat and light (unless otherwise indicated)	____	____	____
9. I buy no more than a 90 day supply of medications	____	____	____
10. I keep medications in their original containers .	____	____	____
11. I request medication prescriptions be filled without child resistant caps	____	____	____
12. I discard medications that are outdated or have changed appearance	____	____	____
13. I only use laxatives, antacids, cold remedies, sleeping pills, or diet pills after seeking the advice of my physician or pharmacist.	____	____	____
14. I consult my physician before taking/stopping/ changing my medications	____	____	____
15. I follow my physician's advice concerning medications	____	____	____

ID#_____

PAGE 14.

YES/USUALLY SOMETIMES/MAYBE NO/RARELY

	YES/USUALLY	SOMETIMES/MAYBE	NO/RARELY
16. I take prescription medications until they are gone .	____	____	____
17. I request medications in the generic form from my doctor and/or druggist.	____	____	____
18. Cost influences the frequency of refilling my prescriptions	____	____	____
19. I take medications that have been prescribed for others.	____	____	____
20. I share my prescription medications with others	____	____	____
21. I have a system for knowing that I have taken my medications	____	____	____
22. When taking medications, I only use alcoholic beverages as instructed by my physician	____	____	____
23. I know the medications that I am allergic to	____	____	____
24. I purchase all my medications from one pharmacy	____	____	____
25. Some medications I take affect my ability to wear my dentures comfortably.	____	____	____

ID#_____

PERSONAL MEDICATION PROFILE

A. Prescription Medications

(Check Medications Used)

	Name of Medicine	Presently Using	Used in Last Year	How Often Used	Dosage
1. Heart Pills	1A	1B	1C		
2. Water Pills	2A	2B	2C		
3. Blood Pressure	3A	3B	3C		
4. Nerve Pills	4A	4B	4C		
5. Blood Thinners	5A	5B	5C		
6. Arthritis Pills	6A	6B	6C		
7. Antibiotics	7A	7B	7C		
8. Narcotics or other Pain Medications	8A	8B	8C		
9. Sleep Pills	9A	9B	9C		
10. Diabetic Pills or injections	10A	10B	10C		

ID# ______

	Name of Medicine	Presently Using	Used in Last Year	How Often Used	Dosage
11. Hormones	11A	11B	11C		
12. Allergy Medications	12A	12B	12C		
13. Eye Medications	13A	13B	13C		
14. Ear Medications	14A	14B	14C		
15. Nose Medications	15A	15B	15C		
16. Hemorrhoidal Medications	16A	16B	16C		
17. Diet Pills	17A	17B	17C		
18. Seizure Medications	18A	18B	18C		
19. Other Medications	19A	19B	19C		
20. Allergic to	20A	20B	20C		

ID#_____

B. Non-Prescription Medications

(Check Medications Used)

	Name of Medicine	Presently Using	Used in Last Year	How Often Used	Dosage
1. Cough and Cold Pills	1A	1B	1C		
2. Drugs for Pain or Fever	2A	2B	2C		
3. Antacids	3A	3B	3C		
4. Laxatives	4A	4B	4C		
5. Antidiarrheals	5A	5B	5C		
6. Drugs to stay alert	6A	6B	6C		
7. Drugs for Nerves	7A	7B	7C		
8. Drugs to get to sleep	8A	8B	8C		
9. Vitamins and Minerals	9A	9B	9C		

ID#______

		Name of Medicine	Presently Using	Used in Last Year	How Often Used	Dosage
10.	Ointments and Salves	10 A	10 B	10 C		
11.	Steroid Ointments	11 A	11 B	11 C		
12.	Alcohol	12 A	12 B	12 C		
13.	Coffee	13 A	13 B	13 C		
14.	Tea	14 A	14 B	14 C		
15.	Cola	15 A	15 B	15 C		
16.	Tobacco	16 A	16 B	16 C		
17.	Salt Substitutes	17 A	17 B	17 C		
18.	Sugar Substitutes	18 A	18 B	18 C		
19.	Drugs for Allergic Reactions & Allergies	19 A	19 B	19 C		
20.	Allergic to	20 A	20 B	20 C		

D.2 Physical Measures

Physical Measures

Well Elderly Integrated Training Project

ID# ____________

Weight #1

Height #2A (feet) #2B (inches)

Blood Pressure #3A (systolic, #3B (diastolic)

Pulse #4

Mid arm circumference #5

Knee Height #6

Triceps Skinfold #7A #7B (through clothes)

Subscapular Skinfold #8A #8B (through clothes)

D.3 Global Ratings

Global Measures

WELL ELDERLY INTEGRATED TRAINING PROJECT
GLOBAL RATINGS

ID# ____________

Team:
Exercise #1
Nutrition #3
Pharmacology #5
Dentistry #9
Psychology #11

All Faculty:
After evaluating the pretest "Personal Lifestyle Survey", please rate the client's:

#16 HEALTH

Very Ill ______:______:______:______:______:______:______ Very Healthy

#13 DEVELOPMENTAL ACTIVITIES

Very Low ______:______:______:______:______:______:______ Very High

#14 PSYCHOSOCIAL ACTIVITIES

Very Low ______:______:______:______:______:______:______ Very High

#15 ACTIVITIES OF DAILY LIVING

Need Help/ Not Self-Sufficient ______:______:______:______:______:______:______ High Independence/ Self-Sufficient

#16 SAFETY ACTIVITIES

Poor Awareness/ Environment ______:______:______:______:______:______:______ Good Awareness/ Environment

#17 OVERALL QUALITY OF LIFE

Very Low ______:______:______:______:______:______:______ Very High

Discipline Specific Faculty:

#2. PHYSICAL FITNESS

Not Fit ______:______:______:______:______:______:______ Very Fit

#4 NUTRITION

Poor ______:______:______:______:______:______:______ Good

MEDICATION

#6 Low Knowledge ______:______:______:______:______:______:______ High Knowledge

#7 Not heavily Medicated ______:______:______:______:______:______:______ Heavily Medicated

#8 Potentially Under Medicated ______:______:______:______:______:______:______ Potentially Over Medicated

ORAL HEALTH

#10 Well Informed ______:______:______:______:______:______:______ Poorly Informed

Appendix E

Experimental/Control Pre/Post Descriptive Statistics

EXPERIMENTAL SUBJECTS

VARIABLE	N	MEAN	STANDARD DEVIATION	STD ERROR OF MEAN	VARIANCE
PRPST1	82	1.00000000	0.00000000	0.00000000	0.000000
CARDS	82	1.00000000	0.00000000	0.00000000	0.000000
AGE	81	77.61728395	7.12840778	0.79204531	50.814198
SEX	82	0.23170732	0.42451950	0.04688034	0.180217
MARST	80	2.83750000	1.37282624	0.15348664	1.884652
HLNG	78	26.76923077	23.70266196	2.68379798	561.816184
SW1	82	0.80487805	0.39873332	0.04403273	0.158988
SW2	82	0.02439024	0.15520673	0.01713972	0.024089
SW3	82	0.17073171	0.37858991	0.04180826	0.143330
SW4	82	0.03658537	0.18889686	0.02086017	0.035682
SW5	82	0.00000000	0.00000000	0.00000000	0.000000
SW6	82	0.07317073	0.26201912	0.02893517	0.068654
SW7	82	0.07317073	0.26201912	0.02893517	0.068654
NUMHOUS	75	0.52000000	0.68497386	0.07909397	0.469189
THOUS	81	2.65432099	1.54240473	0.17137830	2.379012
CHRES	76	0.11842105	0.32525294	0.03730907	0.105789
ED	81	3.44444444	1.52479507	0.16942167	2.325000
HEALTH	78	2.71794872	0.73674320	0.08341974	0.542791
THLTHP	56	0.44642857	0.50162075	0.06703189	0.251623
DISAB	58	0.39655172	0.49345382	0.06479366	0.243497
MDPRB1	81	0.44444444	0.50000000	0.05555556	0.250000
MDPRB2	81	0.12345679	0.33101042	0.03677894	0.109568
MDPRB3	81	0.14814815	0.35746018	0.03971780	0.127778
MDPRB4	81	0.02469136	0.15614966	0.01734996	0.024383
MDPRB5	81	0.08641975	0.28273357	0.03141484	0.079938
MDPRB6	81	0.27160494	0.44755853	0.04972873	0.200309
MDPRB7	81	0.06172840	0.24216105	0.02690678	0.058642
MDPRB8	81	0.06172840	0.24216105	0.02690678	0.058642
MDPRB9	81	0.16049383	0.36935045	0.04103894	0.136420
MDPRB10	81	0.13580247	0.34471316	0.03830146	0.118827
MDPRB11	81	0.06172840	0.24216105	0.02690678	0.058642
MDPRB12	81	0.35802469	0.48240652	0.05360072	0.232716
MDPRB13	81	0.01234568	0.11111111	0.01234568	0.012346
MDPRB14	81	0.24691358	0.43390276	0.04821142	0.188272
MDPRB15	81	0.08641975	0.28273357	0.03141484	0.079938
MDPRB16	81	0.18518519	0.39086798	0.04342978	0.152778
MDPRB17	81	0.20987654	0.40975753	0.04552861	0.167901
NOMDS	72	2.47222222	0.83871502	0.09884351	0.703443
CURINC	78	2.76923077	0.48142313	0.05451044	0.231768
MTHINC	75	2.88000000	0.97204160	0.11224170	0.944865
BENFTS	67	3.38805970	1.51712671	0.18534653	2.301673
LVIS1	82	0.85365854	0.35562330	0.03927202	0.126468
LVIS2	82	0.67073171	0.47283955	0.05221639	0.223577
LVIS3	82	0.85365854	0.35562330	0.03927202	0.126468
LVIS4	82	0.34146341	0.47711872	0.05268895	0.227642
LVIS5	82	0.76829268	0.42451950	0.04688034	0.180217
LVIS6	80	0.43750000	0.49920823	0.05581318	0.249209
LVIS7	80	0.35000000	0.47997890	0.05366327	0.230380
COMM	80	0.16250000	0.37123639	0.04150549	0.137816
DA1	73	2.67123288	0.60219032	0.07048105	0.362633

DA2	78	2.91025641	0.32973415	0.03733504	0.108725
DA3	78	2.82051282	0.47655664	0.05395941	0.227106
DA4	74	2.70270270	0.48905079	0.05685100	0.239171
DA5	77	2.87012987	0.40880601	0.04658777	0.167122
DA6	76	2.75000000	0.46547467	0.05339361	0.216667
DA7	77	2.87012987	0.37524200	0.04276280	0.140807
DA8	72	2.61111111	0.72297421	0.08520333	0.522692
DA9	76	2.86842105	0.41124543	0.04717309	0.169123
DA10	69	2.75362319	0.49722161	0.05985845	0.247229
DA11	71	2.26760563	0.69606540	0.08260777	0.484507
DA12	64	2.12500000	0.76635604	0.09579451	0.587302
DA13	71	2.45070423	0.73268064	0.08695319	0.536821
DA14	75	2.58666667	0.61717169	0.07126485	0.380901
DA15	76	2.48684211	0.59985378	0.06880795	0.359825
DA16	76	2.50000000	0.52915026	0.06069770	0.280000
DA17	73	2.78082192	0.44865773	0.05251142	0.201294
DA18	67	1.35820896	0.77266741	0.09439635	0.597015
DA19	69	0.14492754	0.52230716	0.06287839	0.272805
DA20	77	2.71428571	0.58167505	0.06628802	0.338346
PY1	76	2.44736842	0.77278262	0.08864425	0.597193
PY2	79	2.22784810	0.83126976	0.09352515	0.691009
PY3	75	2.20000000	0.65759595	0.07593264	0.432432
PY4	78	2.70512821	0.48641211	0.05507533	0.236597
PY5	69	1.78260870	0.90536904	0.10899362	0.819693
PY6	55	1.80000000	0.89027669	0.12004488	0.792593
PY7	78	2.30769231	0.94398564	0.10688533	0.891109
PY8	77	2.79220779	0.52157813	0.05943934	0.272044
PY9	74	2.21621622	0.76337876	0.08874098	0.582747
PY10	78	1.44871795	0.59538127	0.06741365	0.354479
PY11	79	1.37974684	0.58405737	0.06571159	0.341123
PY12	76	1.63157895	0.70884141	0.08130969	0.502456
PY13	66	2.27272727	0.79508983	0.09786879	0.632168
PY14	78	1.61538462	0.70675349	0.08002407	0.499500
PY15	71	1.88732394	0.72799717	0.08639737	0.529980
PY16	76	1.65789474	0.74031762	0.08492025	0.548070
PY17	75	2.52000000	0.64430981	0.07439849	0.415135
PY18	73	2.73972603	0.50076046	0.05860958	0.250761
PY19	73	1.98630137	0.69708023	0.08158707	0.485921
PY20	76	2.73684211	0.55059776	0.06315789	0.303158
PY21	76	2.52631579	0.59941492	0.06875761	0.359298
PY22	76	2.36842105	0.72740828	0.08343945	0.529123
PY23	73	2.41095890	0.68385379	0.08003903	0.467656
PY24	78	1.50000000	0.76870611	0.08703883	0.590909
PY25	77	1.67532468	0.69663776	0.07938924	0.485304
PY26	77	1.54545455	0.73530256	0.08379550	0.540670
PY27	78	1.19230769	0.53592237	0.06068126	0.287213
PY28	74	2.47297297	0.70658300	0.08213861	0.499260
PY29	74	2.54054054	0.70592772	0.08206243	0.498334
PY30	74	2.48648649	0.79799824	0.09276541	0.636801
ADL1	80	2.96250000	0.19118220	0.02137482	0.036551
ADL2	80	2.82500000	0.47132993	0.05269629	0.222152
ADL3	78	2.70512821	0.56081977	0.06350033	0.314519
ADL4	72	2.25000000	0.94570936	0.11145292	0.894366
ADL5	56	2.60714286	0.73059307	0.09762961	0.533766
ADL6	80	2.65000000	0.65796002	0.07356217	0.432911

ADL7	76	1.71052632	0.74504209	0.08546219	0.555088
ADL9	76	1.22368421	0.62393769	0.07157056	0.389298
ADL10	75	3.54666667	0.79344159	0.09161874	0.629550
ADL11	79	2.36708861	0.84999570	0.09563199	0.722493
ADL12	77	2.27272727	0.88312191	0.10064108	0.779904
ADL13	76	1.86842105	0.86936153	0.09972261	0.755789
ADL14	74	1.51351351	0.79799824	0.09276541	0.636801
ADL15	78	1.88461538	0.92555030	0.10479793	0.856643
ADL16	73	1.84931507	0.95264592	0.11149877	0.907534
ADL17	80	2.32500000	0.83854908	0.09375264	0.703165
ADL18	80	2.88750000	0.38953884	0.04355177	0.151741
ADL19	71	2.70422535	0.54496045	0.06467491	0.296982
ADL20	77	2.59740260	0.56800065	0.06472968	0.322625
PFA1	80	0.48750000	0.50299735	0.05623681	0.253006
PFA2	80	0.45000000	0.50063251	0.05597242	0.250633
PFA3	81	0.09876543	0.30020569	0.03335619	0.090123
PFA4	81	0.06172840	0.24216105	0.02690678	0.058642
PFA5	81	0.01234568	0.11111111	0.01234568	0.012346
PFA6	81	0.24691358	0.43390276	0.04821142	0.188272
PFA7	81	0.51851852	0.50277010	0.05586334	0.252778
PFA8	81	0.09876543	0.30020569	0.03335619	0.090123
PFA9	81	0.37037037	0.48591266	0.05399030	0.236111
PFA10	80	0.15000000	0.35932426	0.04017367	0.129114
PFA11	81	0.07407407	0.26352314	0.02928035	0.069444
PFA12	81	0.44444444	0.50000000	0.05555556	0.250000
PFA13	80	0.26250000	0.44276891	0.04950307	0.196044
PFA14	81	0.90123457	0.33929848	0.03769983	0.115123
PFA15	81	0.92592593	0.30731815	0.03414646	0.094444
PFA16	81	0.43209877	0.52293096	0.05810344	0.273457
PFA17	80	0.11250000	0.31797420	0.03555060	0.101108
PFA18	81	0.43209877	0.49845440	0.05538382	0.248457
PFA19	78	2.89743590	0.38103562	0.04314379	0.145188
PFA20	72	1.88888889	0.95763140	0.11285794	0.917058
PFA21	77	2.59740260	0.63369718	0.07221650	0.401572
PFA22	71	2.43661972	0.76964545	0.09134011	0.592354
PFA23	77	2.32467532	0.89503835	0.10199909	0.801094
SA1	77	2.77922078	0.52873674	0.06025514	0.279563
SA2	77	2.97402597	0.16010079	0.01824518	0.025632
SA3	77	1.81818182	0.91374407	0.10413080	0.834928
SA4	70	2.91428571	0.40799464	0.04876469	0.166460
SA5	76	2.51315789	0.85624640	0.09821820	0.733158
SA6	75	2.96000000	0.19727878	0.02277979	0.038919
SA7	75	2.74666667	0.54755805	0.06322656	0.299820
SA8	66	2.33333333	0.88288571	0.10867572	0.779487
SA9	62	2.03225806	0.92271414	0.11718481	0.851401
SA10	51	1.49019608	0.80926013	0.11331908	0.654902
SA11	49	1.44897959	0.76543083	0.10934726	0.585884
SA12	51	1.50980392	0.85726423	0.12004100	0.734902
SA13	61	1.78688525	0.77706186	0.09949258	0.603825
SA14	54	2.75925926	0.61230111	0.08332363	0.374913
SA15	78	2.84615385	0.48555559	0.05497834	0.235764
SA16	42	2.80952381	0.55163152	0.08511859	0.304297
SA17	79	2.91139241	0.39839014	0.04482239	0.158715
SA18	79	2.92405063	0.31100136	0.03499039	0.096722
SA19	78	2.93589744	0.33573891	0.03801495	0.112721

SA20	76	2.80263158	0.54208823	0.06218178	0.293860
SA21	66	2.56060606	0.76718843	0.09443437	0.588578
SA22	70	2.62857143	0.76464311	0.09139233	0.584679
SA23	70	2.18571429	0.98234940	0.11741321	0.965010
SA24	71	1.35211268	0.75778986	0.08993311	0.574245
SA25	75	1.65333333	0.93712230	0.10820956	0.878198
SA26	39	2.33333333	0.95513387	0.15294382	0.912281
SA27	41	2.85365854	0.52730331	0.08235094	0.278049
NA1	80	2.82500000	0.49746191	0.05561793	0.247468
NA2	79	2.21518987	0.84232411	0.09476887	0.709510
NA3	77	2.72727273	0.55337157	0.06306254	0.306220
NA4	75	2.46666667	0.74131609	0.08559981	0.549550
NA5	77	2.51948052	0.57606628	0.06564885	0.331852
NA6	76	1.76315789	0.83055678	0.09527140	0.689825
NA7	78	2.74358974	0.56833997	0.06435183	0.323010
NA8	75	1.77333333	0.89402421	0.10323302	0.799279
NA9	77	1.57142857	0.81802991	0.09322316	0.669173
NA10	69	1.18840580	0.54974225	0.06618119	0.302217
NA11	57	1.14035088	0.47953089	0.06351542	0.229950
NA12	54	1.14814815	0.49172041	0.06691467	0.241789
NA13	57	1.31578947	0.65894653	0.08727960	0.434211
NA14	56	1.12500000	0.46952587	0.06274303	0.220455
NA15	57	1.21052632	0.55859652	0.07398792	0.312030
NA16	66	2.12121212	0.92011958	0.11325889	0.846620
NA17	65	1.70769231	0.89657468	0.11120640	0.803846
NA18	75	2.17333333	0.77761474	0.08979122	0.604685
NA19	79	2.81012658	0.45505563	0.05119776	0.207076
NA20	73	1.95890411	0.96376513	0.11280018	0.928843
NA21	67	1.67164179	0.91101109	0.11129772	0.829941
NA22	79	1.65822785	0.81470580	0.09166156	0.663746
NA23	80	2.33750000	0.87067194	0.09734408	0.758070
NA24	66	2.50000000	0.84580412	0.10411129	0.715385
NA25	78	1.38461538	0.64929071	0.07351770	0.421578
NA26	77	2.28571429	0.84069431	0.09580601	0.706767
NA27	79	2.49367089	0.81450658	0.09163915	0.663421
NA28	77	2.61038961	0.65203818	0.07430665	0.425154
NA29	80	2.63750000	0.64127543	0.07169677	0.411234
NA30	78	2.38461538	0.75988327	0.08603984	0.577423
NA31	78	2.47435897	0.61842613	0.07002297	0.382451
NA32	77	2.27272727	0.78867583	0.08987795	0.622010
NA33	76	1.97368421	0.95182189	0.10918146	0.905965
NA34	50	1.18000000	0.52255260	0.07390010	0.273061
NA35	56	2.35714286	0.81861460	0.10939198	0.670130
NA36	31	1.93548387	0.89201958	0.16021145	0.795699
NA37	47	2.27659574	0.82625735	0.12052202	0.682701
NA38	28	1.50000000	0.83887049	0.15853162	0.703704
NA39	33	1.66666667	0.85391256	0.14864710	0.729167
NA40	63	2.17460317	0.92526688	0.11657267	0.856119
MA1	73	2.71232877	0.69680724	0.08155512	0.485540
MA2	72	2.84722222	0.49389861	0.05820651	0.243936
MA3	70	2.91428571	0.32937610	0.03936797	0.108489
MA4	70	2.44285714	0.81000473	0.09681408	0.656108
MA5	69	2.69565217	0.62554324	0.07530656	0.391304
MA6	67	2.52238806	0.74586149	0.09112148	0.556309
MA7	63	2.71428571	0.65816390	0.08292086	0.433180

MA8	70	2.94285714	0.33560304	0.04011224	0.112629
MA9	67	2.73134328	0.56627677	0.06918172	0.320669
MA10	70	2.88571429	0.43548597	0.05205053	0.189648
MA11	65	1.98461538	0.96001803	0.11907558	0.921635
MA12	71	2.60563380	0.70667983	0.08386747	0.499396
MA13	71	2.39436620	0.80140721	0.09510954	0.642254
MA14	71	2.67605634	0.64971747	0.07710728	0.422133
MA15	74	2.90540541	0.33795999	0.03928705	0.114217
MA16	68	2.58823529	0.62855661	0.07622368	0.395083
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MA21	67	2.44776119	0.85782639	0.10480017	0.735866
MA22	49	2.48979592	0.86896608	0.12413801	0.755102
MA23	64	2.39062500	0.88402376	0.11050297	0.781498
MA24	68	2.55882353	0.69930355	0.08480301	0.489025
MA25	59	1.00000000	0.00000000	0.00000000	0.000000
PS1	78	0.25641026	0.43947718	0.04976099	0.193140
PS2	78	0.21794872	0.41552458	0.04704889	0.172661
PS3	78	0.19230769	0.39666441	0.04491340	0.157343
PS4	78	0.11538462	0.32155342	0.03640876	0.103397
PS5	78	0.10256410	0.30535241	0.03457435	0.093240
PS6	78	0.08974359	0.28766401	0.03257154	0.082751
PS7	78	0.30769231	0.46452580	0.05259719	0.215784
PS8	78	0.32051282	0.46969428	0.05318241	0.220613
PS9	78	0.20512821	0.40640886	0.04601674	0.165168
PS10	78	0.10256410	0.30535241	0.03457435	0.093240
PS11	78	0.08974359	0.28766401	0.03257154	0.082751
PS12	78	0.07692308	0.26819409	0.03036700	0.071928
PS13	78	0.07692308	0.26819409	0.03036700	0.071928
PS14	78	0.06410256	0.24652091	0.02791300	0.060773
PS15	78	0.02564103	0.15908496	0.01801282	0.025308
PS16	78	0.17948718	0.38624364	0.04373348	0.149184
PS17	78	0.17948718	0.38624364	0.04373348	0.149184
PS18	78	0.12820513	0.33648197	0.03809908	0.113220
PS19	78	0.06410256	0.24652091	0.02791300	0.060773
PS20	78	0.00000000	0.00000000	0.00000000	0.000000
PS21	78	0.05128205	0.22200011	0.02513656	0.049284
PS22	78	0.05128205	0.22200011	0.02513656	0.049284
PS23	78	0.10256410	0.30535241	0.03457435	0.093240
PS24	78	0.02564103	0.15908496	0.01801282	0.025308
PS25	78	0.05128205	0.22200011	0.02513656	0.049284
PS26	78	0.05128205	0.22200011	0.02513656	0.049284
PS27	78	0.05128205	0.22200011	0.02513656	0.049284
PS28	78	0.07692308	0.26819409	0.03036700	0.071928
PS29	78	0.07692308	0.26819409	0.03036700	0.071928
PS30	75	0.04000000	0.19727878	0.02277979	0.038919
PS31	78	0.05128205	0.22200011	0.02513656	0.049284
PS32	78	0.03846154	0.19355242	0.02191550	0.037463
PS33	78	0.03846154	0.19355242	0.02191550	0.037463
PS34	78	0.03846154	0.19355242	0.02191550	0.037463
PS35	78	0.06410256	0.24652091	0.02791300	0.060773
PS36	78	0.02564103	0.15908496	0.01801282	0.025308
PS37	78	0.15384615	0.36313652	0.04111711	0.131868

PS38	78	0.12820513	0.33648197	0.03809908	0.113220
PS39	78	0.16666667	0.37509018	0.04247060	0.140693
PS40	78	0.02564103	0.15908496	0.01801282	0.025308
PS41	78	0.02564103	0.15908496	0.01801282	0.025308
PS42	78	0.01282051	0.11322770	0.01282051	0.012821
PS43	78	0.07692308	0.26819409	0.03036700	0.071928
PS44	78	0.06410256	0.24652091	0.02791300	0.060773
PS45	78	0.07692308	0.26819409	0.03036700	0.071928
PS46	78	0.05128205	0.22200011	0.02513656	0.049284
PS47	78	0.03846154	0.19355242	0.02191550	0.037463
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PS49	78	0.00000000	0.00000000	0.00000000	0.000000
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PS53	78	0.01282051	0.11322770	0.01282051	0.012821
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PS56	78	0.25641026	0.43947718	0.04976099	0.193140
PS57	78	0.15384615	0.36313652	0.04111711	0.131868
PS58	78	0.24358974	0.43202626	0.04891734	0.186647
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NPSM5	78	0.08974359	0.28766401	0.03257154	0.082751
NPSM6	78	0.06410256	0.24652091	0.02791300	0.060773
NPSM7	78	0.21794872	0.41552458	0.04704889	0.172661
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NPSM9	78	0.15384615	0.36313652	0.04111711	0.131868
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NPSM13	78	0.03846154	0.19355242	0.02191550	0.037463
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NPSM15	78	0.02564103	0.15908496	0.01801282	0.025308
NPSM16	78	0.00000000	0.00000000	0.00000000	0.000000
NPSM17	78	0.00000000	0.00000000	0.00000000	0.000000
NPSM18	78	0.00000000	0.00000000	0.00000000	0.000000
NPSM19	78	0.02564103	0.15908496	0.01801282	0.025308
NPSM20	78	0.03846154	0.19355242	0.02191550	0.037463
NPSM21	78	0.01282051	0.11322770	0.01282051	0.012821
NPSM22	78	0.02564103	0.15908496	0.01801282	0.025308
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NPSM56        78      0.02564103    0.15908496    0.01801282      0.025308
NPSM57        78      0.01282051    0.11322770    0.01282051      0.012821
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SUMRT7        64      3.15625000    1.40541752    0.17567719      1.975198
SUMRT8        65      4.07692308    0.79662751    0.09880948      0.634615
SUMRT9         0               .             .             .             .
SUMRT10        0               .             .             .             .
SUMRT11       14      1.00000000    0.00000000    0.00000000      0.000000
SUMRT12       13      3.84615385    1.28102523    0.35529247      1.641026
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SUMRT15       14      5.35714286    1.00820807    0.26945494      1.016484
SUMRT16        0               .             .             .             .
SUMRT17       13      4.69230769    0.94733093    0.26274233      0.897436
WT            77    148.09090909   30.13006097    3.43363912    907.820574
FT            77      4.89610390    0.34733631    0.03958265      0.120643
IN            77      5.07792208    3.57169514    0.40703244     12.757006
BPN           76    145.18421053   18.19795631    2.08744875    331.165614
BPD           76     76.56578947    9.02195179    1.03488885     81.395614
PLS           77     76.00000000   14.22747527    1.62137128    202.421053
MARMC         77     11.66220779    1.65898798    0.18905923      2.752241
KNEH          77     18.35051948    1.95477075    0.22276680      3.821129
TRIC          77     22.10389610    9.81618483    1.11865808     96.357485
TRTHCLS       77      0.16883117    0.37705917    0.04296988      0.142174
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SUBSCP	77	19.16883117	8.74853762	0.99698839	76.536910
SCTHCLS	77	0.45454545	0.50119474	0.05711644	0.251196
BPRPST1	82	2.00000000	0.00000000	0.00000000	0.000000
BCARDS	82	9.00000000	0.00000000	0.00000000	0.000000
BAGE	34	75.41176471	6.94182601	1.19051334	48.188948
BSEX	34	0.23529412	0.43056155	0.07384070	0.185383
BMARST	34	2.79411765	1.43081693	0.24538308	2.047237
BHLNG	34	26.47058824	23.54909159	4.03863589	554.559715
BSW1	35	0.77142857	0.42604296	0.07201440	0.181513
BSW2	35	0.02857143	0.16903085	0.02857143	0.028571
BSW3	35	0.14285714	0.35503580	0.06001200	0.126050
BSW4	35	0.08571429	0.28402864	0.04800960	0.080672
BSW5	35	0.00000000	0.00000000	0.00000000	0.000000
BSW6	35	0.02857143	0.16903085	0.02857143	0.028571
BSW7	35	0.05714286	0.23550411	0.03980746	0.055462
BNUMHOUS	29	0.72413793	0.79716246	0.14802935	0.635468
BTHOUS	34	2.82352941	1.64170252	0.28154966	2.695187
BCHRES	31	0.09677419	0.30053715	0.05397807	0.090323
BED	35	3.62857143	1.57341357	0.26595543	2.475630
BHEALTH	30	2.93333333	0.58329228	0.10649411	0.340230
BTHLTHP	25	0.36000000	0.48989795	0.09797959	0.240000
BDISAB	25	0.44000000	0.50662281	0.10132456	0.256667
BMDPRB1	35	0.42857143	0.50209645	0.08486979	0.252101
BMDPRB2	35	0.17142857	0.38238526	0.06463491	0.146218
BMDPRB3	35	0.11428571	0.32280285	0.05456364	0.104202
BMDPRB4	35	0.02857143	0.16903085	0.02857143	0.028571
BMDPRB5	35	0.05714286	0.23550411	0.03980746	0.055462
BMDPRB6	35	0.17142857	0.38238526	0.06463491	0.146218
BMDPRB7	35	0.08571429	0.28402864	0.04800960	0.080672
BMDPRB8	35	0.05714286	0.23550411	0.03980746	0.055462
BMDPRB9	35	0.08571429	0.28402864	0.04800960	0.080672
BMDPRB10	35	0.14285714	0.35503580	0.06001200	0.126050
BMDPRB11	35	0.11428571	0.32280285	0.05456364	0.104202
BMDPRB12	35	0.28571429	0.45834925	0.07747516	0.210084
BMDPRB13	35	0.02857143	0.16903085	0.02857143	0.028571
BMDPRB14	35	0.20000000	0.40583972	0.06859943	0.164706
BMDPRB15	35	0.02857143	0.16903085	0.02857143	0.028571
BMDPRB16	35	0.14285714	0.35503580	0.06001200	0.126050
BMDPRB17	34	0.17647059	0.38695299	0.06636189	0.149733
BNOMDS	33	2.33333333	0.77728159	0.13530736	0.604167
BCURINC	35	2.71428571	0.51856298	0.08765314	0.268908
BMTHINC	32	2.56250000	0.87758834	0.15513717	0.770161
BBENFTS	33	3.24242424	1.54171785	0.26837863	2.376894
BLVIS1	35	0.88571429	0.32280285	0.05456364	0.104202
BLVIS2	35	0.85714286	0.35503580	0.06001200	0.126050
BLVIS3	35	0.88571429	0.32280285	0.05456364	0.104202
BLVIS4	35	0.40000000	0.49705012	0.08401681	0.247059
BLVIS5	35	0.77142857	0.42604296	0.07201440	0.181513
BLVIS6	35	0.42857143	0.50209645	0.08486979	0.252101
BLVIS7	35	0.42857143	0.50209645	0.08486979	0.252101
BCOMM	34	0.26470588	0.44781108	0.07679897	0.200535
BDA1	35	2.80000000	0.47278897	0.07991592	0.223529
BDA2	35	2.97142857	0.16903085	0.02857143	0.028571
BDA3	35	2.82857143	0.38238526	0.06463491	0.146218
BDA4	35	2.74285714	0.56061191	0.09476071	0.314286

BDA5	35	2.85714286	0.35503580	0.06001200	0.126050
BDA6	35	2.80000000	0.40583972	0.06859943	0.164706
BDA7	33	2.81818182	0.46466019	0.08088696	0.215909
BDA8	32	2.71875000	0.63420639	0.11211291	0.402218
BDA9	35	2.71428571	0.51856298	0.08765314	0.268908
BDA10	34	2.70588235	0.52393683	0.08985443	0.274510
BDA11	32	2.37500000	0.65991202	0.11665707	0.435484
BDA12	33	2.27272727	0.83937206	0.14611592	0.704545
BDA13	35	2.48571429	0.56210887	0.09501374	0.315966
BDA14	35	2.65714286	0.53921823	0.09114452	0.290756
BDA15	35	2.60000000	0.55306632	0.09348527	0.305882
BDA16	35	2.54285714	0.56061191	0.09476071	0.314286
BDA17	35	2.85714286	0.42996971	0.07267815	0.184874
BDA18	27	1.59259259	0.93064325	0.17910238	0.866097
BDA19	28	0.07142857	0.37796447	0.07142857	0.142857
BDA20	34	2.91176471	0.28790224	0.04937483	0.082888
BPY1	35	2.68571429	0.58266268	0.09848797	0.339496
BPY2	35	2.34285714	0.80230760	0.13561474	0.643697
BPY3	35	2.31428571	0.63112545	0.10667967	0.398319
BPY4	35	2.82857143	0.38238526	0.06463491	0.146218
BPY5	30	1.56666667	0.81720015	0.14919965	0.667816
BPY6	23	1.69565217	0.87567027	0.18258987	0.766798
BPY7	35	2.34285714	0.93754552	0.15847412	0.878992
BPY8	35	2.85714286	0.42996971	0.07267815	0.184874
BPY9	34	2.26470588	0.66555165	0.11414117	0.442959
BPY10	35	1.42857143	0.55760593	0.09425260	0.310924
BPY11	34	1.26470588	0.44781108	0.07679897	0.200535
BPY12	35	1.48571429	0.70173854	0.11861546	0.492437
BPY13	32	2.46875000	0.67127106	0.11866508	0.450605
BPY14	35	1.37142857	0.49024089	0.08286584	0.240336
BPY15	35	1.62857143	0.59831697	0.10113403	0.357983
BPY16	35	1.40000000	0.55306632	0.09348527	0.305882
BPY17	35	2.68571429	0.52978512	0.08955003	0.280672
BPY18	34	2.73529412	0.51101939	0.08763910	0.261141
BPY19	35	1.94285714	0.63906444	0.10802161	0.408403
BPY20	35	2.91428571	0.28402864	0.04800960	0.080672
BPY21	35	2.77142857	0.42604296	0.07201440	0.181513
BPY22	35	2.60000000	0.65079137	0.11000382	0.423529
BPY23	35	2.54285714	0.65721593	0.11108977	0.431933
BPY24	34	1.35294118	0.69117173	0.11853497	0.477718
BPY25	35	1.45714286	0.61082669	0.10324855	0.373109
BPY26	32	1.43750000	0.61892206	0.10941100	0.383065
BPY27	35	1.17142857	0.51367845	0.08682750	0.263866
BPY28	34	2.44117647	0.61255434	0.10505220	0.375223
BPY29	35	2.54285714	0.61082669	0.10324855	0.373109
BPY30	31	2.58064516	0.71991636	0.12930080	0.518280
BADL1	36	2.88888889	0.46462137	0.07743689	0.215873
BADL2	34	2.91176471	0.28790224	0.04937483	0.082888
BADL3	34	2.82352941	0.38695299	0.06636189	0.149733
BADL4	34	2.26470588	0.93123650	0.15970574	0.867201
BADL5	23	2.86956522	0.45769659	0.09543634	0.209486
BADL6	33	2.78787879	0.48461168	0.08436007	0.234848
BADL7	34	1.50000000	0.56407607	0.09673825	0.318182
BADL8	35	2.20000000	0.67736514	0.11449561	0.458824
BADL9	33	1.24242424	0.66286797	0.11539050	0.439394

BADL10	29	3.58620690	0.77998358	0.14483931	0.608374
BADL11	35	2.54285714	0.70054001	0.11841287	0.490756
BADL12	34	2.35294118	0.88359983	0.15153612	0.780749
BADL13	33	1.93939394	0.93338744	0.16248190	0.871212
BADL14	32	1.40625000	0.79755170	0.14098855	0.636089
BADL15	34	1.94117647	0.95159122	0.16319655	0.905526
BADL16	31	2.25806452	0.96497813	0.17331519	0.931183
BADL17	35	2.34285714	0.80230760	0.13561474	0.643697
BADL18	35	2.94285714	0.23550411	0.03980746	0.055462
BADL19	19	2.52631579	0.61177529	0.14035088	0.374269
BADL20	23	2.60869565	0.58302740	0.12156962	0.339921
BPFA1	35	0.68571429	0.47100822	0.07961492	0.221849
BPFA2	35	0.62857143	0.49024089	0.08286584	0.240336
BPFA3	35	0.11428571	0.32280285	0.05456364	0.104202
BPFA4	35	0.02857143	0.16903085	0.02857143	0.028571
BPFA5	35	0.02857143	0.16903085	0.02857143	0.028571
BPFA6	35	0.28571429	0.45834925	0.07747516	0.210084
BPFA7	35	0.51428571	0.50709255	0.08571429	0.257143
BPFA8	35	0.17142857	0.38238526	0.06463491	0.146218
BPFA9	35	0.42857143	0.50209645	0.08486979	0.252101
BPFA10	35	0.17142857	0.38238526	0.06463491	0.146218
BPFA11	35	0.08571429	0.28402864	0.04800960	0.080672
BPFA12	35	0.60000000	0.49705012	0.08401681	0.247059
BPFA13	35	0.22857143	0.42604296	0.07201440	0.181513
BPFA14	35	0.88571429	0.32280285	0.05456364	0.104202
BPFA15	35	0.88571429	0.32280285	0.05456364	0.104202
BPFA16	35	0.48571429	0.50709255	0.08571429	0.257143
BPFA17	35	0.11428571	0.32280285	0.05456364	0.104202
BPFA18	35	0.42857143	0.50209645	0.08486979	0.252101
BPFA19	35	2.94285714	0.23550411	0.03980746	0.055462
BPFA20	33	2.33333333	0.88975652	0.15488673	0.791667
BPFA21	35	2.74285714	0.44343957	0.07495497	0.196639
BPFA22	31	2.67741935	0.59928273	0.10763435	0.359140
BPFA23	33	2.51515152	0.75503361	0.13143448	0.570076
BSA1	36	2.80555556	0.40138649	0.06689775	0.161111
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BSA3	32	1.75000000	0.84242354	0.14892085	0.709677
BSA4	31	3.00000000	0.00000000	0.00000000	0.000000
BSA5	31	2.22580645	0.95602222	0.17170666	0.913978
BSA6	35	2.91428571	0.28402864	0.04800960	0.080672
BSA7	33	2.81818182	0.52764485	0.09185118	0.278409
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BSA9	26	1.88461538	0.81618248	0.16006655	0.666154
BSA10	23	1.13043478	0.45769659	0.09543634	0.209486
BSA11	23	1.13043478	0.34435022	0.07180198	0.118577
BSA12	23	1.21739130	0.51843486	0.10810114	0.268775
BSA13	26	1.69230769	0.73589297	0.14432048	0.541538
BSA14	26	2.88461538	0.43145550	0.08461538	0.186154
BSA15	34	2.88235294	0.32703497	0.05608603	0.106952
BSA16	15	3.00000000	0.00000000	0.00000000	0.000000
BSA17	35	3.00000000	0.00000000	0.00000000	0.000000
BSA18	34	2.94117647	0.23883257	0.04095945	0.057041
BSA19	35	2.94285714	0.23550411	0.03980746	0.055462
BSA20	35	2.82857143	0.51367845	0.08682750	0.263866
BSA21	33	2.51515152	0.83371204	0.14513064	0.695076

BSA22	32	2.43750000	0.91360682	0.16150439	0.834677
BSA23	31	2.19354839	0.98045414	0.17609476	0.961290
BSA24	31	1.32258065	0.70176429	0.12604059	0.492473
BSA25	33	1.63636364	0.92932038	0.16177391	0.863636
BSA26	14	2.50000000	0.85485041	0.22846838	0.730769
BSA27	20	2.95000000	0.22360680	0.05000000	0.050000
BNA1	35	2.80000000	0.47278897	0.07991592	0.223529
BNA2	35	2.51428571	0.61220088	0.10348084	0.374790
BNA3	35	2.77142857	0.42604296	0.07201440	0.181513
BNA4	35	2.65714286	0.59125276	0.09993996	0.349580
BNA5	34	2.73529412	0.44781108	0.07679897	0.200535
BNA6	34	1.55882353	0.70458139	0.12083471	0.496435
BNA7	34	2.85294118	0.35949063	0.06165213	0.129234
BNA8	33	1.93939394	0.93338744	0.16248190	0.871212
BNA9	35	1.60000000	0.84714052	0.14319288	0.717647
BNA10	33	1.15151515	0.36410954	0.06338334	0.132576
BNA11	27	1.03703704	0.19245009	0.03703704	0.037037
BNA12	27	1.11111111	0.42365927	0.08153327	0.179487
BNA13	26	1.30769231	0.73589297	0.14432048	0.541538
BNA14	27	1.07407407	0.38490018	0.07407407	0.148148
BNA15	23	1.04347826	0.20851441	0.04347826	0.043478
BNA16	33	2.33333333	0.85391256	0.14864710	0.729167
BNA17	33	1.48484848	0.79534631	0.13845202	0.632576
BNA18	34	2.29411765	0.57889193	0.09927915	0.335116
BNA19	33	2.90909091	0.29193710	0.05081973	0.085227
BNA20	34	1.88235294	0.97746443	0.16763377	0.955437
BNA21	31	1.67741935	0.90873893	0.16321433	0.825806
BNA22	35	1.37142857	0.68965952	0.11657374	0.475630
BNA23	34	2.41176471	0.82085126	0.14077483	0.673797
BNA24	25	2.68000000	0.74833148	0.14966630	0.560000
BNA25	34	1.38235294	0.60376124	0.10354420	0.364528
BNA26	34	2.41176471	0.82085126	0.14077483	0.673797
BNA27	34	2.64705882	0.73370595	0.12582953	0.538324
BNA28	35	2.88571429	0.32280285	0.05456364	0.104202
BNA29	35	2.80000000	0.40583972	0.06859943	0.164706
BNA30	35	2.65714286	0.59125276	0.09993996	0.349580
BNA31	35	2.60000000	0.55306632	0.09348527	0.305882
BNA32	34	2.58823529	0.65678958	0.11263848	0.431373
BNA33	33	1.96969697	0.91804304	0.15981078	0.842803
BNA34	27	1.25925926	0.65589590	0.12622722	0.430199
BNA35	23	2.73913043	0.61919238	0.12911054	0.383399
BNA36	16	2.43750000	0.89209491	0.22302373	0.795833
BNA37	27	2.74074074	0.52569314	0.10116969	0.276353
BNA38	11	1.72727273	1.00904996	0.30424001	1.018182
BNA39	16	1.93750000	0.77190241	0.19297560	0.595833
BNA40	26	2.53846154	0.76056659	0.14915938	0.578462
BMA1	34	2.85294118	0.50044543	0.08582568	0.250446
BMA2	34	2.88235294	0.40933841	0.07020096	0.167558
BMA3	32	2.96875000	0.17677670	0.03125000	0.031250
BMA4	30	2.80000000	0.48423420	0.08840866	0.234483
BMA5	32	2.68750000	0.59228916	0.10470292	0.350806
BMA6	29	2.58620690	0.73276586	0.13607121	0.536946
BMA7	30	2.76666667	0.56832078	0.10376070	0.322989
BMA8	32	2.90625000	0.39015092	0.06896959	0.152218
BMA9	33	2.69696970	0.68396128	0.11906238	0.467803

BMA10	33	3.00000000	0.00000000	0.00000000	0.000000
BMA11	32	1.96875000	0.93271629	0.16488250	0.869960
BMA12	32	2.59375000	0.75602419	0.13364746	0.571573
BMA13	32	2.68750000	0.64445526	0.11392467	0.415323
BMA14	33	2.84848485	0.44167381	0.07688554	0.195076
BMA15	34	2.88235294	0.32703497	0.05608603	0.106952
BMA16	33	2.57575758	0.66286797	0.11539050	0.439394
BMA17	32	2.00000000	0.84242354	0.14892085	0.709677
BMA18	30	1.36666667	0.71839540	0.13116046	0.516092
BMA19	34	1.08823529	0.37880570	0.06496464	0.143494
BMA20	33	1.09090909	0.38435306	0.06690728	0.147727
BMA21	33	2.84848485	0.50751922	0.08834776	0.257576
BMA22	18	2.72222222	0.66911316	0.15771148	0.447712
BMA23	29	2.41379310	0.90700612	0.16842681	0.822660
BMA24	33	2.60606061	0.65856824	0.11464201	0.433712
BMA25	24	1.00000000	0.00000000	0.00000000	0.000000
BPS1	35	0.17142857	0.38238526	0.06463491	0.146218
BPS2	35	0.05714286	0.23550411	0.03980746	0.055462
BPS3	35	0.08571429	0.28402864	0.04800960	0.080672
BPS4	35	0.11428571	0.32280285	0.05456364	0.104202
BPS5	35	0.08571429	0.28402864	0.04800960	0.080672
BPS6	35	0.08571429	0.28402864	0.04800960	0.080672
BPS7	35	0.31428571	0.47100822	0.07961492	0.221849
BPS8	35	0.28571429	0.45834925	0.07747516	0.210084
BPS9	35	0.20000000	0.40583972	0.06859943	0.164706
BPS10	35	0.05714286	0.23550411	0.03980746	0.055462
BPS11	35	0.05714286	0.23550411	0.03980746	0.055462
BPS12	35	0.08571429	0.28402864	0.04800960	0.080672
BPS13	35	0.02857143	0.16903085	0.02857143	0.028571
BPS14	35	0.05714286	0.23550411	0.03980746	0.055462
BPS15	35	0.05714286	0.23550411	0.03980746	0.055462
BPS16	35	0.17142857	0.38238526	0.06463491	0.146218
BPS17	35	0.08571429	0.28402864	0.04800960	0.080672
BPS18	35	0.14285714	0.35503580	0.06001200	0.126050
BPS19	35	0.05714286	0.23550411	0.03980746	0.055462
BPS20	35	0.02857143	0.16903085	0.02857143	0.028571
BPS21	35	0.02857143	0.16903085	0.02857143	0.028571
BPS22	35	0.02857143	0.16903085	0.02857143	0.028571
BPS23	35	0.02857143	0.16903085	0.02857143	0.028571
BPS24	35	0.02857143	0.16903085	0.02857143	0.028571
BPS25	35	0.05714286	0.23550411	0.03980746	0.055462
BPS26	35	0.02857143	0.16903085	0.02857143	0.028571
BPS27	35	0.02857143	0.16903085	0.02857143	0.028571
BPS28	35	0.05714286	0.23550411	0.03980746	0.055462
BPS29	34	0.05882353	0.23883257	0.04095945	0.057041
BPS30	34	0.00000000	0.00000000	0.00000000	0.000000
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BPS32	35	0.08571429	0.28402864	0.04800960	0.080672
BPS33	35	0.05714286	0.23550411	0.03980746	0.055462
BPS34	35	0.05714286	0.23550411	0.03980746	0.055462
BPS35	35	0.14285714	0.35503580	0.06001200	0.126050
BPS36	35	0.11428571	0.32280285	0.05456364	0.104202
BPS37	35	0.14285714	0.35503580	0.06001200	0.126050
BPS38	35	0.14285714	0.35503580	0.06001200	0.126050
BPS39	35	0.11428571	0.32280285	0.05456364	0.104202

BPS40	35	0.02857143	0.16903085	0.02857143	0.028571
BPS41	35	0.00000000	0.00000000	0.00000000	0.000000
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BPS43	35	0.00000000	0.00000000	0.00000000	0.000000
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BPS47	35	0.05714286	0.23550411	0.03980746	0.055462
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BPS55	35	0.20000000	0.40583972	0.06859943	0.164706
BPS56	35	0.11428571	0.32280285	0.05456364	0.104202
BPS57	35	0.11428571	0.32280285	0.05456364	0.104202
BPS58	35	0.22857143	0.42604296	0.07201440	0.181513
BPS59	35	0.02857143	0.16903085	0.02857143	0.028571
BPS60	35	0.00000000	0.00000000	0.00000000	0.000000
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BNPSM2	34	0.05882353	0.23883257	0.04095945	0.057041
BNPSM3	34	0.14705882	0.35949063	0.06165213	0.129234
BNPSM4	34	0.08823529	0.28790224	0.04937483	0.082888
BNPSM5	34	0.11764706	0.32703497	0.05608603	0.106952
BNPSM6	34	0.05882353	0.23883257	0.04095945	0.057041
BNPSM7	34	0.05882353	0.23883257	0.04095945	0.057041
BNPSM8	34	0.11764706	0.32703497	0.05608603	0.106952
BNPSM9	34	0.05882353	0.23883257	0.04095945	0.057041
BNPSM10	34	0.14705882	0.35949063	0.06165213	0.129234
BNPSM11	34	0.08823529	0.28790224	0.04937483	0.082888
BNPSM12	34	0.11764706	0.32703497	0.05608603	0.106952
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BNPSM41      34    0.32352941    0.47485808   0.08143749      0.225490
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BSUMRT1      34    1.00000000    0.00000000   0.00000000      0.000000
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BDASUM         23    48.86956522    5.35388005    1.11636116    28.664032
PYSUM          36    29.16666667    6.83896400    1.13982733    46.771429
BPYSUM         18    31.33333333    6.45345325    1.52109352    41.647059
ADLSUM         30    40.60000000    5.53110328    1.00983668    30.593103
BADLSUM        10    41.40000000    4.24787529    1.34329611    18.044444
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MASUM          29    51.72413793    4.52687650    0.84061986    20.492611
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GDA1           32     0.18750000    0.47092907    0.08324929     0.221774
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GDA19          25     0.00000000    0.57735027    0.11547005     0.333333
GDA20          34     0.32352941    0.63820716    0.10945162     0.407308
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GPY1           32     0.37500000    0.70710678    0.12500000     0.500000
GPY2           35     0.08571429    0.70173854    0.11861546     0.492437
GPY3           35     0.14285714    0.64820372    0.10956643     0.420168
GPY4           34     0.11764706    0.53737329    0.09215876     0.288770
GPY5           29    -0.20689655    0.61986809    0.11510662     0.384236
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GPY7           35     0.11428571    0.71830800    0.12141621     0.515966
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GPY10          34    -0.05882353    0.64859646    0.11123337     0.420677
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GPY12          32    -0.03125000    0.78223728    0.13828132     0.611895
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GPFA16	35	0.34285714	0.68353997	0.11553934	0.467227
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GPFA21	34	0.11764706	0.59108046	0.10136946	0.349376
GPFA22	30	0.33333333	0.80229556	0.14647846	0.643678
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GSA10	14	-0.71428571	0.99449032	0.26578872	0.989011
GSA11	13	-0.15384615	0.68873723	0.19102134	0.474359
GSA12	14	-0.14285714	0.66299354	0.17719248	0.439560
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GSA17	34	0.05882353	0.34299717	0.05882353	0.117647
GSA18	33	0.00000000	0.00000000	0.00000000	0.000000
GSA19	34	-0.02941176	0.17149859	0.02941176	0.029412
GSA20	33	0.00000000	0.43301270	0.07537784	0.187500
GSA21	29	0.06896552	0.52989450	0.09839894	0.280788
GSA22	29	0.10344828	0.67320277	0.12501062	0.453202
GSA23	28	-0.03571429	0.88116686	0.16652488	0.776455
GSA24	28	0.00000000	0.60858062	0.11501093	0.370370
GSA26	11	-0.09090909	0.70064905	0.21125364	0.490909
GSA27	18	0.11111111	0.47140452	0.11111111	0.222222
GSASUM	0	.	.	.	.
GNA1	34	0.02941176	0.52137895	0.08941575	0.271836
GNA2	33	0.30303030	0.68396128	0.11906238	0.467803
GNA3	35	0.00000000	0.54232614	0.09166985	0.294118
GNA4	35	0.14285714	0.84515425	0.14285714	0.714286
GNA5	34	0.14705882	0.65746773	0.11275479	0.432264
GNA6	32	-0.28125000	0.77185888	0.13644666	0.595766
GNA7	34	0.11764706	0.40933841	0.07020096	0.167558
GNA8	33	0.12121212	0.54529669	0.09492397	0.297348
GNA9	35	0.02857143	0.56805728	0.09601921	0.322689
GNA10	32	0.09375000	0.29614458	0.05235146	0.087702
GNA11	21	-0.14285714	0.47809144	0.10432811	0.228571
GNA12	20	-0.05000000	0.39403446	0.08810878	0.155263
GNA13	20	-0.10000000	0.64072328	0.14327008	0.410526
GNA14	20	0.05000000	0.51041779	0.11413289	0.260526
GNA15	17	-0.23529412	0.75244699	0.18249520	0.566176
GNA16	29	0.03448276	0.68048085	0.12636212	0.463054
GNA17	26	-0.34615385	0.97743778	0.19169132	0.955385
GNA18	33	0.15151515	0.75503361	0.13143448	0.570076
GNA19	33	0.18181818	0.52764485	0.09185118	0.278409

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GNA20        31    0.03225806   0.94811641   0.17028673    0.898925
GNA21        26    0.03846154   0.77360296   0.15171602    0.598462
GNA22        35   -0.28571429   0.71007160   0.12002401    0.504202
GNA23        34    0.32352941   1.06516717   0.18267466    1.134581
GNA24        23    0.26086957   0.91539317   0.19087267    0.837945
GNA25        33   -0.09090909   0.63065622   0.10978316    0.397727
GNA26        34    0.00000000   0.65133895   0.11170371    0.424242
GNA27        34   -0.05882353   0.77620586   0.13311821    0.602496
GNA28        34    0.05882353   0.42220033   0.07240676    0.178253
GNA29        35    0.14285714   0.69209219   0.11698493    0.478992
GNA31        34   -0.02941176   0.52137895   0.08941575    0.271836
GNA32        31    0.19354839   0.74919311   0.13455906    0.561290
GNA33        32   -0.06250000   0.50401613   0.08909831    0.254032
GNA34        18    0.05555556   0.72535770   0.17096845    0.526144
GNA40        22    0.13636364   0.94089393   0.20059926    0.885281
GNASUM        3    7.66666667   2.08166600   1.20185043    4.333333
GMA1         32    0.06250000   0.84002688   0.14849718    0.705645
GMA2         32    0.00000000   0.56796183   0.10040242    0.322581
GMA3         30    0.06666667   0.44977645   0.08211757    0.202299
GMA4         30    0.30000000   0.79437679   0.14503270    0.631034
GMA5         30    0.10000000   0.84486277   0.15425013    0.713793
GMA6         28    0.17857143   1.15641757   0.21854238    1.337302
GMA7         28    0.03571429   0.50787450   0.09597926    0.257937
GMA8         32   -0.03125000   0.53787965   0.09508459    0.289315
GMA9         31    0.00000000   0.77459667   0.13912167    0.600000
GMA10        31    0.19354839   0.54279246   0.09748840    0.294624
GMA11        29    0.10344828   1.20548827   0.22385355    1.453202
GMA12        32    0.03125000   0.82244227   0.14538863    0.676411
GMA13        30    0.30000000   0.91538573   0.16712580    0.837931
GMA14        31    0.19354839   0.79243737   0.14232595    0.627957
GMA15        31   -0.03225806   0.31452302   0.05649000    0.098925
GMA16        29    0.06896552   0.75266358   0.13976612    0.566502
GMA17        29    0.03448276   0.77840306   0.14454582    0.605911
GMA18        27   -0.03703704   0.43690181   0.08408179    0.190883
GMA19        31    0.09677419   0.39621869   0.07116298    0.156989
GMA20        31    0.03225806   0.54674009   0.09819742    0.298925
GMA21        28    0.25000000   0.88715108   0.16765580    0.787037
GMA22        16    0.56250000   1.03077641   0.25769410    1.062500
GMA23        25   -0.04000000   0.84063468   0.16812694    0.706667
GMA24        30    0.16666667   0.64771925   0.11825682    0.419540
GMASUM        9   -2.00000000   5.24404424   1.74801475   27.500000
GSUMRT1      31    0.00000000   0.00000000   0.00000000    0.000000
GSUMRT2      31    0.45161290   1.68994496   0.30352308    2.855914
GSUMRT3      30    0.00000000   0.00000000   0.00000000    0.000000
GSUMRT4      28    1.53571429   1.64389201   0.31066639    2.702381
GSUMRT5      32    0.00000000   0.00000000   0.00000000    0.000000
GSUMRT6      30    0.20000000   1.76947294   0.32306008    3.131034
GSUMRT7      30    0.10000000   1.62629259   0.29691905    2.644828
GSUMRT8      30   -0.13333333   1.07425462   0.19613116    1.154023
GSUMRT9       0             .            .            .           .
GSUMRT10      0             .            .            .           .
GSUMRT11      5    0.00000000   0.00000000   0.00000000    0.000000
GSUMRT12      5    0.00000000   2.00000000   0.89442719    4.000000
GSUMRT13      5   -0.20000000   1.30384048   0.58309519    1.700000
GSUMRT14      5   -0.20000000   0.44721360   0.20000000    0.200000
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GSUMRT15	5	-0.80000000	0.44721360	0.20000000	0.200000
GSUMRT16	0	.	.	.	.
GSUMRT17	5	0.00000000	0.70710678	0.31622777	0.500000
INLCNT	49	24.08163265	3.06755015	0.43822145	9.409864
BINLCNT	17	26.05882353	2.56102002	0.62113859	6.558824
GINLCNT	10	1.20000000	1.75119007	0.55377492	3.066667
SELF	65	16.35384615	1.78912312	0.22191341	3.200962
BSELF	32	16.75000000	1.41421356	0.25000000	2.000000
GSELF	28	0.71428571	1.01314117	0.19146568	1.026455
DEPRS	61	6.73770492	1.63198896	0.20895478	2.663388
BDEPRS	30	6.86666667	1.73668994	0.31707475	3.016092
GDEPRS	23	0.39130435	1.49967058	0.31270293	2.249012
DENSC	20	9.25000000	1.71295374	0.38302810	2.934211
BDENSC	10	10.70000000	1.63639169	0.51747249	2.677778
GDENSC	6	0.83333333	0.98319208	0.40138649	0.966667

CONTROL SUBJECTS

VARIABLE	N	MEAN	STANDARD DEVIATION	STD ERROR OF MEAN	VARIANCE
PRPST1	88	1.00000000	0.00000000	0.00000000	0.0000000
CARDS	88	1.00000000	0.00000000	0.00000000	0.0000000
AGE	86	70.94186047	6.24095515	0.67297950	38.9495212
SEX	86	0.31395349	0.46681973	0.05033847	0.2179207
MARST	87	2.29885057	1.43149737	0.15347263	2.0491847
HLNG	85	30.14117647	18.19873945	1.97393044	331.1941176
SW1	88	0.80681818	0.39705683	0.04232640	0.1576541
SW2	88	0.02272727	0.14988676	0.01597798	0.0224660
SW3	88	0.14772727	0.35686285	0.03804171	0.1273511
SW4	88	0.01136364	0.10660036	0.01136364	0.0113636
SW5	88	0.01136364	0.10660036	0.01136364	0.0113636
SW6	88	0.09090909	0.28912725	0.03082107	0.0835946
SW7	88	0.03409091	0.18250263	0.01945485	0.0333072
NUMHOUS	83	1.21686747	1.03650671	0.11377139	1.0743462
THOUS	87	4.51724138	1.42128397	0.15237764	2.0200481
CHRES	83	0.09638554	0.29691330	0.03259047	0.0881575
ED	87	2.57471264	1.39460909	0.14951779	1.9449345
HEALTH	82	2.81707317	0.63104946	0.06968776	0.3982234
THLTHP	67	0.43283582	0.49920788	0.06098795	0.2492085
DISAB	61	0.36065574	0.48417582	0.06199236	0.2344262
MDPRB1	88	0.53409091	0.50169514	0.05348088	0.2516980
MDPRB2	88	0.09090909	0.28912725	0.03082107	0.0835946
MDPRB3	88	0.13636364	0.34514092	0.03679215	0.1191223
MDPRB4	88	0.03409091	0.18250263	0.01945485	0.0333072
MDPRB5	88	0.09090909	0.28912725	0.03082107	0.0835946
MDPRB6	88	0.26136364	0.44189556	0.04710622	0.1952717
MDPRB7	88	0.09090909	0.28912725	0.03082107	0.0835946
MDPRB8	88	0.04545455	0.20949259	0.02233199	0.0438871
MDPRB9	88	0.12500000	0.33261417	0.03545679	0.1106322
MDPRB10	88	0.06818182	0.25350212	0.02702342	0.0642633

MDPRB11	88	0.11363636	0.31918784	0.03402554	0.1018809
MDPRB12	88	0.35227273	0.48041583	0.05121250	0.2307994
MDPRB13	88	0.03409091	0.18250263	0.01945485	0.0333072
MDPRB14	88	0.07954545	0.27213886	0.02901010	0.0740596
MDPRB15	88	0.06818182	0.25350212	0.02702342	0.0642633
MDPRB16	88	0.11363636	0.31918784	0.03402554	0.1018809
MDPRB17	88	0.18181818	0.38790491	0.04135080	0.1504702
NOMDS	85	2.23529412	0.88165238	0.09562863	0.7773109
CURINC	87	2.64367816	0.57012874	0.06112422	0.3250468
MTHINC	79	2.70886076	0.98906714	0.11127875	0.9782538
BENFTS	68	3.01470588	1.42987994	0.17339841	2.0445566
LVIS1	85	0.78823529	0.41098365	0.04457744	0.1689076
LVIS2	84	0.52380952	0.50243241	0.05481987	0.2524383
LVIS3	84	0.75000000	0.43561340	0.04752932	0.1897590
LVIS4	84	0.34523810	0.47830140	0.05218696	0.2287722
LVIS5	84	0.66666667	0.47423580	0.05174337	0.2248996
LVIS6	84	0.44047619	0.49942595	0.05449184	0.2494263
LVIS7	85	0.31764706	0.46832439	0.05079691	0.2193277
COMM	84	0.16666667	0.37491632	0.04090672	0.1405622
DA1	86	2.80232558	0.45554796	0.04912300	0.2075239
DA2	86	2.95348837	0.21182550	0.02284173	0.0448700
DA3	85	2.81176471	0.39321985	0.04265068	0.1546218
DA4	85	2.64705882	0.57125347	0.06196114	0.3263305
DA5	86	2.87209302	0.36930815	0.03982352	0.1363885
DA6	86	2.69767442	0.51035783	0.05503330	0.2604651
DA7	81	2.65432099	0.55137315	0.06126368	0.3040123
DA8	84	2.80952381	0.42443983	0.04631018	0.1801492
DA9	85	2.72941176	0.56459499	0.06123893	0.3187675
DA10	84	2.69047619	0.58032377	0.06331851	0.3367757
DA11	81	2.46913580	0.61413394	0.06823710	0.3771605
DA12	78	2.16666667	0.79636621	0.09017072	0.6341991
DA13	83	2.48192771	0.65073028	0.07142693	0.4234499
DA14	84	2.64285714	0.59400331	0.06481107	0.3528399
DA15	85	2.69411765	0.51231337	0.05556819	0.2624650
DA16	85	2.37647059	0.68965952	0.07480408	0.4756303
DA17	83	2.62650602	0.55679491	0.06111618	0.3100206
DA18	70	1.51428571	0.88042903	0.10523140	0.7751553
DA19	69	0.14492754	0.60086610	0.07233578	0.3610401
DA20	79	2.67088608	0.61438982	0.06912425	0.3774748
PY1	85	2.52941176	0.71694184	0.07776326	0.5140056
PY2	85	2.27058824	0.85060532	0.09226110	0.7235294
PY3	85	2.49411765	0.68353997	0.07414032	0.4672269
PY4	84	2.70238095	0.55492889	0.06054771	0.3079461
PY5	80	1.82500000	0.88267430	0.09868599	0.7791139
PY6	66	1.93939394	0.92617971	0.11400484	0.8578089
PY7	87	2.79310345	0.59333372	0.06361205	0.3520449
PY8	83	2.78313253	0.46977402	0.05156440	0.2206876
PY9	82	2.13414634	0.82794100	0.09143079	0.6854863
PY10	85	1.48235294	0.62890238	0.06821404	0.3955182
PY11	84	1.54761905	0.71817644	0.07835947	0.5157774
PY12	85	1.89411765	0.81683957	0.08859869	0.6672269
PY13	81	2.33333333	0.79056942	0.08784105	0.6250000
PY14	84	1.77380952	0.76601284	0.08357885	0.5867757
PY15	83	1.91566265	0.62868076	0.06900668	0.3952395
PY16	82	1.46341463	0.67027030	0.07401897	0.4492623

PY17	85	2.60000000	0.60158521	0.06525108	0.3619048
PY18	85	2.68235294	0.56086168	0.06083399	0.3145658
PY19	82	2.09756098	0.73046165	0.08066599	0.5335742
PY20	86	2.83720930	0.43006060	0.04637463	0.1849521
PY21	84	2.66666667	0.54515021	0.05948076	0.2971888
PY22	83	2.51807229	0.72181083	0.07922903	0.5210109
PY23	83	2.28915663	0.86292357	0.09471817	0.7446371
PY24	82	1.73170732	0.83220339	0.09190149	0.6925625
PY25	85	1.71764706	0.68333504	0.07411809	0.4669468
PY26	85	1.81176471	0.87958483	0.09540437	0.7736695
PY27	83	1.33734940	0.59010351	0.06477228	0.3482222
PY28	81	2.49382716	0.65428313	0.07269813	0.4280864
PY29	83	2.68674699	0.62328224	0.06841411	0.3884808
PY30	83	2.54216867	0.80093246	0.08791376	0.6414928
ADL1	86	2.91860465	0.31492730	0.03395948	0.0991792
ADL2	86	2.86046512	0.43825297	0.04725803	0.1920657
ADL3	87	2.83908046	0.42790901	0.04587666	0.1831061
ADL4	70	1.97142857	0.99230998	0.11860373	0.9846791
ADL5	62	2.62903226	0.75169472	0.09546532	0.5650449
ADL6	86	2.75581395	0.55170424	0.05949180	0.3043776
ADL7	85	1.74117647	0.72625821	0.07877376	0.5274510
ADL8	86	2.29069767	0.78013994	0.08412465	0.6086183
ADL9	82	1.41463415	0.81575867	0.09008548	0.6654622
ADL10	72	3.41666667	0.88413242	0.10419601	0.7816901
ADL11	78	2.43589744	0.84653217	0.09585089	0.7166167
ADL12	76	2.10526316	0.96026312	0.11014973	0.9221053
ADL13	81	2.09876543	0.87471336	0.09719037	0.7651235
ADL14	74	1.66216216	0.89560612	0.10411210	0.8021103
ADL15	76	2.03947368	0.94432748	0.10832179	0.8917544
ADL16	79	2.41772152	0.88589510	0.09967099	0.7848101
ADL17	84	2.40476190	0.82314483	0.08981246	0.6775674
ADL18	86	2.91860465	0.38241081	0.04123642	0.1462380
ADL19	80	2.55000000	0.65410099	0.07313071	0.4278481
ADL20	85	2.67058824	0.54310034	0.05890750	0.2949580
PFA1	86	0.45348837	0.50075183	0.05399746	0.2507524
PFA2	86	0.73255814	0.44522086	0.04800940	0.1982216
PFA3	86	0.05813953	0.23537960	0.02538164	0.0554036
PFA4	86	0.10465116	0.30789875	0.03320158	0.0948016
PFA5	86	0.05813953	0.23537960	0.02538164	0.0554036
PFA6	86	0.54651163	0.50075183	0.05399746	0.2507524
PFA7	86	0.70930233	0.45674756	0.04925236	0.2086183
PFA8	86	0.11627907	0.32243940	0.03476953	0.1039672
PFA9	86	0.19767442	0.40058097	0.04319576	0.1604651
PFA10	86	0.16279070	0.37133987	0.04004261	0.1378933
PFA11	86	0.19767442	0.40058097	0.04319576	0.1604651
PFA12	86	0.36046512	0.48295148	0.05207800	0.2332421
PFA13	86	0.25581395	0.43887682	0.04732530	0.1926129
PFA14	86	0.81395349	0.39142659	0.04220861	0.1532148
PFA15	86	0.88372093	0.32243940	0.03476953	0.1039672
PFA16	86	0.39534884	0.49179311	0.05303142	0.2418605
PFA17	86	0.17441860	0.38169469	0.04115920	0.1456908
PFA18	85	0.35294118	0.48072075	0.05214149	0.2310924
PFA19	87	2.90804598	0.36191300	0.03880115	0.1309810
PFA20	81	1.79012346	0.94493451	0.10499272	0.8929012
PFA21	86	2.72093023	0.58713988	0.06331292	0.3447332

PFA22	81	2.44444444	0.70710678	0.07856742	0.5000000
PFA23	82	2.23170732	0.89302898	0.09861855	0.7975008
SA1	86	2.67441860	0.54106345	0.05834437	0.2927497
SA2	86	2.95348837	0.26153289	0.02820182	0.0683995
SA3	84	2.07142857	0.91553808	0.09989339	0.8382100
SA4	75	2.84000000	0.49429174	0.05707589	0.2443243
SA5	85	1.75294118	0.97475128	0.10572662	0.9501401
SA6	87	2.91954023	0.27358051	0.02933091	0.0748463
SA7	82	2.68292683	0.60610167	0.06693273	0.3673592
SA8	74	2.10810811	0.92998111	0.10810811	0.8648649
SA9	71	2.09859155	0.97328501	0.11550768	0.9472837
SA10	56	1.44642857	0.80723192	0.10787090	0.6516234
SA11	56	1.46428571	0.80823682	0.10800519	0.6532468
SA12	57	1.47368421	0.80412471	0.10650892	0.6466165
SA13	66	1.65151515	0.83191021	0.10240107	0.6920746
SA14	69	2.85507246	0.49334877	0.05939221	0.2433930
SA15	81	2.76543210	0.55388638	0.06154293	0.3067901
SA16	61	2.75409836	0.62331741	0.07980762	0.3885246
SA17	84	2.90476190	0.33362007	0.03640093	0.1113024
SA18	83	2.86746988	0.40638455	0.04460650	0.1651484
SA19	82	2.90243902	0.33737388	0.03725671	0.1138211
SA20	77	2.93506494	0.29636670	0.03377412	0.0878332
SA21	77	2.54545455	0.71718482	0.08173080	0.5143541
SA22	80	2.68750000	0.70430413	0.07874360	0.4960443
SA23	76	1.76315789	0.92185930	0.10574451	0.8498246
SA24	75	1.41333333	0.79002794	0.09122457	0.6241441
SA25	76	1.56578947	0.88446634	0.10145525	0.7822807
SA26	55	1.98181818	0.99052753	0.13356270	0.9811448
SA27	59	2.71186441	0.69606895	0.09062046	0.4845120
NA1	82	2.58536585	0.68405508	0.07554125	0.4679313
NA2	81	2.22222222	0.82158384	0.09128709	0.6750000
NA3	86	2.56976744	0.62385326	0.06727183	0.3891929
NA4	84	2.52380952	0.64893222	0.07080431	0.4211130
NA5	84	2.27380952	0.75011952	0.08184475	0.5626793
NA6	81	2.09876543	0.76819493	0.08535499	0.5901235
NA7	83	2.62650602	0.63842114	0.07007582	0.4075815
NA8	80	2.45000000	0.76141108	0.08512835	0.5797468
NA9	81	1.88888889	0.89442719	0.09938080	0.8000000
NA10	82	1.45121951	0.72269111	0.07980788	0.5222824
NA11	60	1.31666667	0.65072754	0.08400856	0.4234463
NA12	62	1.33870968	0.69996600	0.08889577	0.4899524
NA13	65	1.60000000	0.86240942	0.10696872	0.7437500
NA14	57	1.28070175	0.61974609	0.08208737	0.3840852
NA15	57	1.45614035	0.78080031	0.10341953	0.6096491
NA16	77	2.58441558	0.74957267	0.08542173	0.5618592
NA17	77	1.98701299	0.93883335	0.10698999	0.8814081
NA18	81	2.03703704	0.81308739	0.09034304	0.6611111
NA19	85	2.72941176	0.49733182	0.05394321	0.2473389
NA20	80	2.07500000	0.93828554	0.10490351	0.8803797
NA21	78	1.69230769	0.94398564	0.10688533	0.8911089
NA22	81	1.34567901	0.63561965	0.07062441	0.4040123
NA23	84	2.36904762	0.84710367	0.09242659	0.7175846
NA24	73	2.28767123	0.94984578	0.11117104	0.9022070
NA25	80	1.56250000	0.76047537	0.08502373	0.5783228
NA26	81	2.40740741	0.73786479	0.08198498	0.5444444

NA27	81	2.67901235	0.64859773	0.07206641	0.4206790
NA28	82	2.57317073	0.66723102	0.07368334	0.4451972
NA29	83	2.55421687	0.68526320	0.07521741	0.4695857
NA30	83	2.44578313	0.66722966	0.07323797	0.4451954
NA31	80	2.28750000	0.74957794	0.08380536	0.5618671
NA32	83	2.13253012	0.80805524	0.08869559	0.6529533
NA33	79	2.12658228	0.93872648	0.10561498	0.8812074
NA34	56	1.12500000	0.46952587	0.06274303	0.2204545
NA35	64	2.75000000	0.61721340	0.07715167	0.3809524
NA36	31	1.93548387	0.89201958	0.16021145	0.7956989
NA37	39	2.30769231	0.92206422	0.14764844	0.8502024
NA38	30	1.80000000	0.84690104	0.15462227	0.7172414
NA39	31	1.87096774	0.84624407	0.15198992	0.7161290
NA40	79	2.59493671	0.72534673	0.08160788	0.5261279
MA1	79	2.83544304	0.43648890	0.04910884	0.1905226
MA2	76	2.96052632	0.25512295	0.02926461	0.0650877
MA3	75	2.96000000	0.25679943	0.02965264	0.0659459
MA4	72	2.63888889	0.67772518	0.07987068	0.4593114
MA5	74	2.83783784	0.49730857	0.05781095	0.2473158
MA6	74	2.62162162	0.71582317	0.08321275	0.5124028
MA7	70	2.80000000	0.49927484	0.05967476	0.2492754
MA8	72	2.93055556	0.30610635	0.03607498	0.0937011
MA9	71	2.70422535	0.66320361	0.07870779	0.4398390
MA10	71	2.97183099	0.16663313	0.01977571	0.0277666
MA11	75	2.17333333	0.94972732	0.10966506	0.9019820
MA12	77	2.74025974	0.59388545	0.06767953	0.3526999
MA13	75	2.28000000	0.87857378	0.10144896	0.7718919
MA14	74	2.75675676	0.61512469	0.07150679	0.3783784
MA15	77	2.94805195	0.22337742	0.02545622	0.0498975
MA16	77	2.89610390	0.34733631	0.03958265	0.1206425
MA17	76	2.15789474	0.86491050	0.09921204	0.7480702
MA18	75	1.52000000	0.84405713	0.09746332	0.7124324
MA19	77	1.15584416	0.51465203	0.05865004	0.2648667
MA20	78	1.07692308	0.35196040	0.03985167	0.1238761
MA21	75	2.73333333	0.64375027	0.07433388	0.4144144
MA22	66	2.40909091	0.89403618	0.11004825	0.7993007
MA23	69	2.42028986	0.84724115	0.10199585	0.7178176
MA24	76	2.71052632	0.62856004	0.07210078	0.3950877
MA25	62	1.20967742	0.60427702	0.07674326	0.3651507
PS1	88	0.21590909	0.41380943	0.04411223	0.1712382
PS2	88	0.22727273	0.42147177	0.04492904	0.1776385
PS3	88	0.12500000	0.33261417	0.03545679	0.1106322
PS4	88	0.07954545	0.27213886	0.02901010	0.0740596
PS5	88	0.11363636	0.31918784	0.03402554	0.1018809
PS6	88	0.04545455	0.20949259	0.02233199	0.0438871
PS7	88	0.22727273	0.42147177	0.04492904	0.1776385
PS8	88	0.32954545	0.47274184	0.05039445	0.2234848
PS9	88	0.23863636	0.42869270	0.04569880	0.1837774
PS10	88	0.04545455	0.20949259	0.02233199	0.0438871
PS11	88	0.07954545	0.27213886	0.02901010	0.0740596
PS12	88	0.04545455	0.20949259	0.02233199	0.0438871
PS13	88	0.03409091	0.18250263	0.01945485	0.0333072
PS14	88	0.03409091	0.18250263	0.01945485	0.0333072
PS15	88	0.02272727	0.14988676	0.01597798	0.0224660
PS16	88	0.13636364	0.34514092	0.03679215	0.1191223

PS17	88	0.26136364	0.44189556	0.04710622	0.1952717
PS18	88	0.15909091	0.36785691	0.03921368	0.1353187
PS19	88	0.02272727	0.14988676	0.01597798	0.0224660
PS20	88	0.02272727	0.14988676	0.01597798	0.0224660
PS21	88	0.04545455	0.20949259	0.02233199	0.0438871
PS22	88	0.01136364	0.10660036	0.01136364	0.0113636
PS23	88	0.03409091	0.18250263	0.01945485	0.0333072
PS24	88	0.02272727	0.14988676	0.01597798	0.0224660
PS25	88	0.01136364	0.10660036	0.01136364	0.0113636
PS26	88	0.02272727	0.14988676	0.01597798	0.0224660
PS27	87	0.01149425	0.10721125	0.01149425	0.0114943
PS28	86	0.08139535	0.27504508	0.02965887	0.0756498
PS29	86	0.09302326	0.29216864	0.03150536	0.0853625
PS30	86	0.05813953	0.23537960	0.02538164	0.0554036
PS31	87	0.03448276	0.18352339	0.01967577	0.0336808
PS32	88	0.04545455	0.20949259	0.02233199	0.0438871
PS33	88	0.03409091	0.18250263	0.01945485	0.0333072
PS34	88	0.02272727	0.14988676	0.01597798	0.0224660
PS35	88	0.01136364	0.10660036	0.01136364	0.0113636
PS36	88	0.00000000	0.00000000	0.00000000	0.0000000
PS37	88	0.04545455	0.20949259	0.02233199	0.0438871
PS38	88	0.05681818	0.23282150	0.02481886	0.0542059
PS39	88	0.01136364	0.10660036	0.01136364	0.0113636
PS40	88	0.02272727	0.14988676	0.01597798	0.0224660
PS41	88	0.01136364	0.10660036	0.01136364	0.0113636
PS42	88	0.01136364	0.10660036	0.01136364	0.0113636
PS43	88	0.01136364	0.10660036	0.01136364	0.0113636
PS44	88	0.02272727	0.14988676	0.01597798	0.0224660
PS45	88	0.01136364	0.10660036	0.01136364	0.0113636
PS46	88	0.04545455	0.20949259	0.02233199	0.0438871
PS47	88	0.01136364	0.10660036	0.01136364	0.0113636
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PS49	88	0.00000000	0.00000000	0.00000000	0.0000000
PS50	88	0.00000000	0.00000000	0.00000000	0.0000000
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PS53	88	0.01136364	0.10660036	0.01136364	0.0113636
PS54	88	0.01136364	0.10660036	0.01136364	0.0113636
PS55	88	0.12500000	0.33261417	0.03545679	0.1106322
PS56	88	0.09090909	0.28912725	0.03082107	0.0835946
PS57	88	0.05681818	0.23282150	0.02481886	0.0542059
PS58	88	0.15909091	0.36785691	0.03921368	0.1353187
PS59	88	0.01136364	0.10660036	0.01136364	0.0113636
PS60	88	0.00000000	0.00000000	0.00000000	0.0000000
NPSM1	88	0.07954545	0.27213886	0.02901010	0.0740596
NPSM2	88	0.04545455	0.20949259	0.02233199	0.0438871
NPSM3	88	0.05681818	0.23282150	0.02481886	0.0542059
NPSM4	88	0.05681818	0.23282150	0.02481886	0.0542059
NPSM5	88	0.07954545	0.27213886	0.02901010	0.0740596
NPSM6	88	0.03409091	0.18250263	0.01945485	0.0333072
NPSM7	88	0.13636364	0.34514092	0.03679215	0.1191223
NPSM8	88	0.17045455	0.37818657	0.04031482	0.1430251
NPSM9	88	0.10227273	0.30474307	0.03248572	0.0928683
NPSM10	88	0.12500000	0.33261417	0.03545679	0.1106322
NPSM11	88	0.10227273	0.30474307	0.03248572	0.0928683

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NPSM12     88    0.09090909    0.28912725    0.03082107    0.0835946
NPSM13     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM14     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM15     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM16     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM17     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM18     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM19     88    0.01136364    0.10660036    0.01136364    0.0113636
NPSM20     88    0.02272727    0.14988676    0.01597798    0.0224660
NPSM21     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM22     88    0.01136364    0.10660036    0.01136364    0.0113636
NPSM23     88    0.01136364    0.10660036    0.01136364    0.0113636
NPSM24     88    0.00000000    0.00000000    0.00000000    0.0000000
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NPSM26     88    0.27272727    0.44791401    0.04774779    0.2006270
NPSM27     88    0.10227273    0.30474307    0.03248572    0.0928683
NPSM28     87    0.05747126    0.23409012    0.02509709    0.0547982
NPSM29     88    0.04545455    0.20949259    0.02233199    0.0438871
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NPSM31     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM32     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM33     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM34     88    0.01136364    0.10660036    0.01136364    0.0113636
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NPSM37     88    0.12500000    0.33261417    0.03545679    0.1106322
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NPSM40     88    0.10227273    0.30474307    0.03248572    0.0928683
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NPSM43     88    0.03409091    0.18250263    0.01945485    0.0333072
NPSM44     88    0.11363636    0.31918784    0.03402554    0.1018809
NPSM45     88    0.03409091    0.18250263    0.01945485    0.0333072
NPSM46     88    0.02272727    0.14988676    0.01597798    0.0224660
NPSM47     88    0.02272727    0.14988676    0.01597798    0.0224660
NPSM48     88    0.00000000    0.00000000    0.00000000    0.0000000
NPSM49     88    0.03409091    0.18250263    0.01945485    0.0333072
NPSM50     88    0.06818182    0.25350212    0.02702342    0.0642633
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NPSM54     88    0.07954545    0.27213886    0.02901010    0.0740596
NPSM55     88    0.05681818    0.23282150    0.02481886    0.0542059
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NPSM57     88    0.03409091    0.18250263    0.01945485    0.0333072
NPSM58     88    0.05681818    0.23282150    0.02481886    0.0542059
NPSM59     88    0.04545455    0.20949259    0.02233199    0.0438871
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SUMRT1      0    .             .             .             .
SUMRT2      0    .             .             .             .
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SUMRT4      0    .             .             .             .
SUMRT5      0    .             .             .             .
SUMRT6      0    .             .             .             .
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SUMRT7       0         .             .             .             .
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SUMRT11      0         .             .             .             .
SUMRT12      0         .             .             .             .
SUMRT13      0         .             .             .             .
SUMRT14      0         .             .             .             .
SUMRT15      0         .             .             .             .
SUMRT16      0         .             .             .             .
SUMRT17      0         .             .             .             .
WT          84   159.82142857   30.59851194    3.33857136   936.2689329
FT          85     4.95294118    0.43386092    0.04705882     0.1882353
IN          85     5.23529412    5.87498138    0.63723120    34.5154062
BPN         83   138.91566265   16.33058243    1.79251430   266.6879224
BPD         83    78.57831325   10.03301924    1.10126693   100.6614752
PLS         81    76.33333333   10.23108010    1.13678668   104.6750000
MARMC       80    12.19687500    1.71723106    0.19199227     2.9488825
KNEH        81    17.33641975    2.22315952    0.24701772     4.9424383
TRIC        79    24.39240506   11.02958460    1.24092522   121.6517364
TRTHCLS     79     0.22784810    0.42212427    0.04749269     0.1781889
SUBSCP      79    21.12658228    8.54155317    0.96099981    72.9581305
SCTHCLS     79     0.64556962    0.48139686    0.05416138     0.2317429
BPRPST1     88     2.00000000    0.00000000    0.00000000     0.0000000
BCARDS      88     9.00000000    0.00000000    0.00000000     0.0000000
BAGE        44    70.81818182    6.35124133    0.95748566    40.3382664
BSEX        44     0.27272727    0.45051063    0.06791703     0.2029598
BMARST      44     2.43181818    1.48477118    0.22383768     2.2045455
BHLNG       43    27.90697674   17.99181554    2.74372615   323.7054264
BSW1        44     0.90909091    0.29080336    0.04384026     0.0845666
BSW2        44     0.00000000    0.00000000    0.00000000     0.0000000
BSW3        44     0.11363636    0.32103822    0.04839833     0.1030655
BSW4        44     0.00000000    0.00000000    0.00000000     0.0000000
BSW5        44     0.00000000    0.00000000    0.00000000     0.0000000
BSW6        44     0.04545455    0.21070705    0.03176528     0.0443975
BSW7        44     0.02272727    0.15075567    0.02272727     0.0227273
BNUMHOUS    44     1.11363636    1.03913893    0.15665609     1.0798097
BTHOUS      44     4.47727273    1.48619440    0.22405224     2.2087738
BCHRES      44     0.02272727    0.15075567    0.02272727     0.0227273
BED         44     2.84090909    1.65576065    0.24961531     2.7415433
BHEALTH     41     2.80487805    0.64107379    0.10011891     0.4109756
BTHLTHP     32     0.31250000    0.47092907    0.08324929     0.2217742
BDISAB      35     0.22857143    0.42604296    0.07201440     0.1815126
BMDPRB1     42     0.59523810    0.49679577    0.07665725     0.2468060
BMDPRB2     42     0.11904762    0.32777007    0.05057602     0.1074332
BMDPRB3     42     0.14285714    0.35416880    0.05464943     0.1254355
BMDPRB4     42     0.02380952    0.15430335    0.02380952     0.0238095
BMDPRB5     42     0.09523810    0.29710176    0.04584380     0.0882695
BMDPRB6     42     0.23809524    0.43108054    0.06651717     0.1858304
BMDPRB7     42     0.09523810    0.29710176    0.04584380     0.0882695
BMDPRB8     42     0.07142857    0.26066118    0.04022089     0.0679443
BMDPRB9     42     0.09523810    0.29710176    0.04584380     0.0882695
BMDPRB10    42     0.09523810    0.29710176    0.04584380     0.0882695
BMDPRB11    42     0.07142857    0.26066118    0.04022089     0.0679443
BMDPRB12    42     0.35714286    0.48496560    0.07483182     0.2351916
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BMDPRB13	42	0.09523810	0.29710176	0.04584380	0.0882695
BMDPRB14	42	0.07142857	0.26066118	0.04022089	0.0679443
BMDPRB15	42	0.14285714	0.35416880	0.05464943	0.1254355
BMDPRB16	42	0.09523810	0.29710176	0.04584380	0.0882695
BMDPRB17	42	0.16666667	0.37719547	0.05820252	0.1422764
BNOMDS	42	2.38095238	0.90936539	0.14031813	0.8269454
BCURINC	42	2.64285714	0.61768366	0.09531066	0.3815331
BMTHINC	44	2.84090909	0.88772460	0.13382952	0.7880550
BBENFTS	40	3.02500000	1.47609151	0.23339056	2.1788462
BLVIS1	44	0.81818182	0.39015365	0.05881788	0.1522199
BLVIS2	44	0.68181818	0.47115530	0.07102933	0.2219873
BLVIS3	44	0.79545455	0.40803246	0.06151321	0.1664905
BLVIS4	44	0.36363636	0.48660710	0.07335878	0.2367865
BLVIS5	44	0.77272727	0.42391511	0.06390761	0.1797040
BLVIS6	44	0.54545455	0.50368620	0.07593355	0.2536998
BLVIS7	44	0.36363636	0.48660710	0.07335878	0.2367865
BCOMM	44	0.36363636	0.48660710	0.07335878	0.2367865
BDA1	44	2.68181818	0.56125803	0.08461283	0.3150106
BDA2	44	2.93181818	0.25497171	0.03843843	0.0650106
BDA3	44	2.77272727	0.52223297	0.07872958	0.2727273
BDA4	44	2.61363636	0.53769141	0.08106003	0.2891121
BDA5	44	2.79545455	0.46152152	0.06957699	0.2130021
BDA6	44	2.65909091	0.56827695	0.08567097	0.3229387
BDA7	44	2.40909091	0.65833411	0.09924760	0.4334038
BDA8	44	2.79545455	0.46152152	0.06957699	0.2130021
BDA9	44	2.61363636	0.65471134	0.09870145	0.4286469
BDA10	43	2.60465116	0.65970899	0.10060468	0.4352159
BDA11	44	2.25000000	0.71933432	0.10844373	0.5174419
BDA12	43	1.93023256	0.76828036	0.11716166	0.5902547
BDA13	44	2.29545455	0.70147835	0.10575184	0.4920719
BDA14	43	2.62790698	0.53555738	0.08167173	0.2868217
BDA15	43	2.51162791	0.63140407	0.09628822	0.3986711
BDA16	43	2.48837209	0.55084753	0.08400346	0.3034330
BDA17	44	2.63636364	0.53225755	0.08024084	0.2832981
BDA18	39	1.35897436	0.77755282	0.12450810	0.6045884
BDA19	38	0.05263158	0.32444284	0.05263158	0.1052632
BDA20	44	2.45454545	0.69732197	0.10512524	0.4862579
BPY1	43	2.58139535	0.66305778	0.10111536	0.4396456
BPY2	44	2.25000000	0.78132267	0.11778882	0.6104651
BPY3	44	2.36363636	0.68508730	0.10328080	0.4693446
BPY4	43	2.53488372	0.66722015	0.10175012	0.4451827
BPY5	41	1.78048780	0.88068709	0.13754022	0.7756098
BPY6	35	2.14285714	0.91210349	0.15417363	0.8319328
BPY7	44	2.77272727	0.56501230	0.08517881	0.3192389
BPY8	43	2.79069767	0.51446410	0.07845504	0.2646733
BPY9	41	2.21951220	0.75868950	0.11848739	0.5756098
BPY10	44	1.40909091	0.49735027	0.07497837	0.2473573
BPY11	43	1.34883721	0.52931766	0.08072019	0.2801772
BPY12	44	1.72727273	0.65993785	0.09948937	0.4355180
BPY13	43	2.11627907	0.79310428	0.12094727	0.6290144
BPY14	44	1.56818182	0.58658362	0.08843081	0.3440803
BPY15	43	1.79069767	0.55883124	0.08522097	0.3122924
BPY16	43	1.34883721	0.61271142	0.09343762	0.3754153
BPY17	44	2.70454545	0.55319560	0.08339737	0.3060254
BPY18	42	2.57142857	0.54740439	0.08446633	0.2996516

BPY19	44	2.09090909	0.67576595	0.10187555	0.4566596
BPY20	44	2.79545455	0.55319560	0.08339737	0.3060254
BPY21	43	2.65116279	0.61271142	0.09343762	0.3754153
BPY22	43	2.48837209	0.70278673	0.10717397	0.4939092
BPY23	44	2.36363636	0.80956230	0.12204611	0.6553911
BPY24	41	1.51219512	0.71140534	0.11110285	0.5060976
BPY25	43	1.55813953	0.66555833	0.10149669	0.4429679
BPY26	42	1.73809524	0.73449913	0.11333568	0.5394890
BPY27	43	1.13953488	0.35060460	0.05346670	0.1229236
BPY28	44	2.59090909	0.62200657	0.09377102	0.3868922
BPY29	43	2.67441860	0.56572458	0.08627219	0.3200443
BPY30	43	2.44186047	0.82526549	0.12585181	0.6810631
BADL1	43	2.81395349	0.45017531	0.06865109	0.2026578
BADL2	44	2.77272727	0.60477312	0.09117298	0.3657505
BADL3	44	2.79545455	0.46152152	0.06957699	0.2130021
BADL4	39	2.02564103	0.98641241	0.15795240	0.9730094
BADL5	28	2.53571429	0.79265811	0.14979830	0.6283069
BADL6	43	2.79069767	0.55883124	0.08522097	0.3122924
BADL7	42	1.57142857	0.70340139	0.10853719	0.4947735
BADL8	42	1.95238095	0.76357251	0.11782180	0.5830430
BADL9	42	1.38095238	0.79487324	0.12265160	0.6318235
BADL10	37	3.24324324	0.98334479	0.16166089	0.9669670
BADL11	42	2.38095238	0.88213657	0.13611663	0.7781649
BADL12	40	2.15000000	0.94868330	0.15000000	0.9000000
BADL13	40	2.22500000	0.73336247	0.11595479	0.5378205
BADL14	41	1.48780488	0.80999849	0.12650051	0.6560976
BADL15	42	1.88095238	0.96783341	0.14933994	0.9367015
BADL16	43	2.34883721	0.89665306	0.13673831	0.8039867
BADL17	42	2.35714286	0.75937807	0.11717458	0.5766551
BADL18	44	2.93181818	0.25497171	0.03843843	0.0650106
BADL19	36	2.61111111	0.54916965	0.09152827	0.3015873
BADL20	39	2.58974359	0.63734436	0.10205677	0.4062078
BPFA1	43	0.48837209	0.50578054	0.07713081	0.2558140
BPFA2	44	0.81818182	0.39015365	0.05881788	0.1522199
BPFA3	44	0.11363636	0.32103822	0.04839833	0.1030655
BPFA4	44	0.06818182	0.25497171	0.03843843	0.0650106
BPFA5	44	0.18181818	0.92189712	0.13898122	0.8498943
BPFA6	44	0.43181818	0.50105597	0.07553703	0.2510571
BPFA7	44	0.79545455	0.40803246	0.06151321	0.1664905
BPFA8	44	0.15909091	0.36998943	0.05577801	0.1368922
BPFA9	44	0.18181818	0.39015365	0.05881788	0.1522199
BPFA10	44	0.13636364	0.34714176	0.05233359	0.1205074
BPFA11	44	0.25000000	0.43801880	0.06603382	0.1918605
BPFA12	44	0.36363636	0.48660710	0.07335878	0.2367865
BPFA13	44	0.36363636	0.48660710	0.07335878	0.2367865
BPFA14	44	0.81818182	0.39015365	0.05881788	0.1522199
BPFA15	44	0.93181818	0.25497171	0.03843843	0.0650106
BPFA16	44	0.43181818	0.50105597	0.07553703	0.2510571
BPFA17	44	0.22727273	0.42391511	0.06390761	0.1797040
BPFA18	44	0.45454545	0.50368620	0.07593355	0.2536998
BPFA19	43	2.81395349	0.62700399	0.09561721	0.3931340
BPFA20	40	1.77500000	0.94699254	0.14973267	0.8967949
BPFA21	42	2.69047619	0.68031898	0.10497550	0.4628339
BPFA22	41	2.60975610	0.62761647	0.09801723	0.3939024
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BSA1	42	2.64285714	0.53289035	0.08222677	0.2839721
BSA2	43	2.95348837	0.21308263	0.03249480	0.0454042
BSA3	41	2.14634146	0.85325775	0.13325647	0.7280488
BSA4	42	2.80952381	0.55163152	0.08511859	0.3042973
BSA5	43	1.74418605	0.97816698	0.14916907	0.9568106
BSA6	43	2.86046512	0.35060460	0.05346670	0.1229236
BSA7	43	2.74418605	0.44148145	0.06732529	0.1949059
BSA8	34	2.14705882	0.92547622	0.15871786	0.8565062
BSA9	34	1.97058824	0.96876348	0.16614157	0.9385027
BSA10	29	1.27586207	0.70186241	0.13033258	0.4926108
BSA11	32	1.46875000	0.84182501	0.14881504	0.7086694
BSA12	31	1.41935484	0.76481778	0.13736533	0.5849462
BSA13	35	1.71428571	0.85993942	0.14535629	0.7394958
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BSA15	43	2.76744186	0.47994093	0.07319031	0.2303433
BSA16	26	2.88461538	0.43145550	0.08461538	0.1861538
BSA17	44	2.81818182	0.44579311	0.06720584	0.1987315
BSA18	43	2.79069767	0.46589083	0.07104769	0.2170543
BSA19	43	2.93023256	0.33773396	0.05150395	0.1140642
BSA20	43	2.81395349	0.54579841	0.08323348	0.2978959
BSA21	42	2.19047619	0.91699656	0.14149564	0.8408827
BSA22	44	2.47727273	0.87573587	0.13202215	0.7669133
BSA23	41	1.87804878	0.95381135	0.14896031	0.9097561
BSA24	42	1.14285714	0.41739194	0.06440497	0.1742160
BSA25	41	1.46341463	0.80924536	0.12638289	0.6548780
BSA26	30	1.66666667	0.92226607	0.16838198	0.8505747
BSA27	29	2.48275862	0.87098834	0.16173847	0.7586207
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BNA2	43	2.25581395	0.78960579	0.12041375	0.6234773
BNA3	44	2.52272727	0.59017681	0.08897250	0.3483087
BNA4	44	2.36363636	0.68508730	0.10328080	0.4693446
BNA5	43	2.06976744	0.73663808	0.11233625	0.5426357
BNA6	43	2.18604651	0.66389234	0.10124263	0.4407530
BNA7	42	2.52380952	0.77264497	0.11922171	0.5969803
BNA8	42	2.50000000	0.67172875	0.10365000	0.4512195
BNA9	40	1.97500000	0.91951771	0.14538852	0.8455128
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BNA11	35	1.31428571	0.67612340	0.11428571	0.4571429
BNA12	33	1.48484848	0.83371204	0.14513064	0.6950758
BNA13	33	1.48484848	0.83371204	0.14513064	0.6950758
BNA14	30	1.20000000	0.48423420	0.08840866	0.2344828
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BNA17	43	2.06976744	0.91013732	0.13879464	0.8283499
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BNA19	44	2.75000000	0.53374500	0.08046509	0.2848837
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BNA23	43	2.34883721	0.81309874	0.12399640	0.6611296
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BNA26	43	2.37209302	0.75666108	0.11538973	0.5725360
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BNA30	42	2.47619048	0.67129635	0.10358328	0.4506388
BNA31	43	2.20930233	0.70906174	0.10813090	0.5027685
BNA32	40	1.95000000	0.81492488	0.12885094	0.6641026
BNA33	42	2.21428571	0.95088442	0.14672465	0.9041812
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BNA37	17	2.23529412	0.97014250	0.23529412	0.9411765
BNA38	15	1.80000000	0.86189161	0.22253946	0.7428571
BNA39	20	1.90000000	0.96790604	0.21643037	0.9368421
BNA40	35	2.37142857	0.84316331	0.14252061	0.7109244
BMA1	40	2.62500000	0.70483677	0.11144448	0.4967949
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BMA3	40	2.90000000	0.44144286	0.06979824	0.1948718
BMA4	40	2.75000000	0.58834841	0.09302605	0.3461538
BMA5	38	2.92105263	0.35879520	0.05820427	0.1287340
BMA6	36	2.72222222	0.65948513	0.10991419	0.4349206
BMA7	38	2.81578947	0.51229548	0.08310530	0.2624467
BMA8	39	2.89743590	0.38353424	0.06141463	0.1470985
BMA9	37	2.72972973	0.65186266	0.10716556	0.4249249
BMA10	39	2.94871795	0.32025631	0.05128205	0.1025641
BMA11	39	1.89743590	0.94018116	0.15054947	0.8839406
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BMA17	39	2.17948718	0.88471806	0.14166827	0.7827260
BMA18	40	1.42500000	0.67510683	0.10674376	0.4557692
BMA19	40	1.07500000	0.26674678	0.04217637	0.0711538
BMA20	39	1.12820513	0.40907387	0.06550424	0.1673414
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BMA22	31	2.54838710	0.85004744	0.15267303	0.7225806
BMA23	35	2.57142857	0.77784447	0.13147971	0.6050420
BMA24	38	2.65789474	0.66885605	0.10850278	0.4473684
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BPS1	44	0.15909091	0.36998943	0.05577801	0.1368922
BPS2	44	0.13636364	0.34714176	0.05233359	0.1205074
BPS3	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS4	44	0.09090909	0.29080336	0.04384026	0.0845666
BPS5	44	0.11363636	0.32103822	0.04839833	0.1030655
BPS6	44	0.06818182	0.25497171	0.03843843	0.0650106
BPS7	44	0.13636364	0.34714176	0.05233359	0.1205074
BPS8	44	0.20454545	0.40803246	0.06151321	0.1664905
BPS9	44	0.18181818	0.39015365	0.05881788	0.1522199
BPS10	44	0.11363636	0.32103822	0.04839833	0.1030655
BPS11	44	0.09090909	0.29080336	0.04384026	0.0845666
BPS12	44	0.04545455	0.21070705	0.03176528	0.0443975
BPS13	44	0.00000000	0.00000000	0.00000000	0.0000000
BPS14	44	0.04545455	0.21070705	0.03176528	0.0443975
BPS15	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS16	44	0.20454545	0.40803246	0.06151321	0.1664905
BPS17	44	0.29545455	0.46152152	0.06957699	0.2130021
BPS18	44	0.25000000	0.43801880	0.06603382	0.1918605

BPS19	44	0.00000000	0.00000000	0.00000000	0.0000000
BPS20	44	0.00000000	0.00000000	0.00000000	0.0000000
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BPS22	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS23	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS24	44	0.00000000	0.00000000	0.00000000	0.0000000
BPS25	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS26	44	0.04545455	0.21070705	0.03176528	0.0443975
BPS27	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS28	43	0.16279070	0.37354368	0.05696488	0.1395349
BPS29	43	0.13953488	0.35060460	0.05346670	0.1229236
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BPS32	44	0.04545455	0.21070705	0.03176528	0.0443975
BPS33	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS34	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS35	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS36	44	0.00000000	0.00000000	0.00000000	0.0000000
BPS37	44	0.06818182	0.25497171	0.03843843	0.0650106
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BPS40	44	0.04545455	0.21070705	0.03176528	0.0443975
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BPS42	44	0.00000000	0.00000000	0.00000000	0.0000000
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BPS44	44	0.02272727	0.15075567	0.02272727	0.0227273
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BPS47	44	0.04545455	0.21070705	0.03176528	0.0443975
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BPS49	44	0.00000000	0.00000000	0.00000000	0.0000000
BPS50	44	0.00000000	0.00000000	0.00000000	0.0000000
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BPS53	44	0.02272727	0.15075567	0.02272727	0.0227273
BPS54	44	0.00000000	0.00000000	0.00000000	0.0000000
BPS55	44	0.18181818	0.39015365	0.05881788	0.1522199
BPS56	44	0.22727273	0.42391511	0.06390761	0.1797040
BPS57	44	0.15909091	0.36998943	0.05577801	0.1368922
BPS58	44	0.13636364	0.34714176	0.05233359	0.1205074
BPS59	44	0.06818182	0.25497171	0.03843843	0.0650106
BPS60	44	0.02272727	0.15075567	0.02272727	0.0227273
BNPSM1	41	0.04878049	0.21808479	0.03405912	0.0475610
BNPSM2	41	0.02439024	0.15617376	0.02439024	0.0243902
BNPSM3	41	0.02439024	0.15617376	0.02439024	0.0243902
BNPSM4	41	0.07317073	0.26365165	0.04117547	0.0695122
BNPSM5	41	0.14634146	0.35783904	0.05588507	0.1280488
BNPSM6	41	0.09756098	0.30040623	0.04691557	0.0902439
BNPSM7	41	0.09756098	0.30040623	0.04691557	0.0902439
BNPSM8	41	0.19512195	0.40121766	0.06265967	0.1609756
BNPSM9	41	0.12195122	0.33129458	0.05173952	0.1097561
BNPSM10	41	0.04878049	0.21808479	0.03405912	0.0475610
BNPSM11	41	0.09756098	0.30040623	0.04691557	0.0902439
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BNPSM13	41	0.00000000	0.00000000	0.00000000	0.0000000

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BNPSM14      41    0.00000000    0.00000000    0.00000000    0.0000000
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BNPSM16      41    0.00000000    0.00000000    0.00000000    0.0000000
BNPSM17      41    0.00000000    0.00000000    0.00000000    0.0000000
BNPSM18      41    0.00000000    0.00000000    0.00000000    0.0000000
BNPSM19      41    0.00000000    0.00000000    0.00000000    0.0000000
BNPSM20      41    0.02439024    0.15617376    0.02439024    0.0243902
BNPSM21      41    0.02439024    0.15617376    0.02439024    0.0243902
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BNPSM24      41    0.00000000    0.00000000    0.00000000    0.0000000
BNPSM25      40    0.30000000    0.46409548    0.07337994    0.2153846
BNPSM26      40    0.40000000    0.49613894    0.07844645    0.2461538
BNPSM27      40    0.22500000    0.42290206    0.06686669    0.1788462
BNPSM28      41    0.04878049    0.21808479    0.03405912    0.0475610
BNPSM29      42    0.04761905    0.21554027    0.03325859    0.0464576
BNPSM30      42    0.04761905    0.21554027    0.03325859    0.0464576
BNPSM31      42    0.00000000    0.00000000    0.00000000    0.0000000
BNPSM32      42    0.00000000    0.00000000    0.00000000    0.0000000
BNPSM33      42    0.00000000    0.00000000    0.00000000    0.0000000
BNPSM34      42    0.02380952    0.15430335    0.02380952    0.0238095
BNPSM35      42    0.07142857    0.26066118    0.04022089    0.0679443
BNPSM36      42    0.04761905    0.21554027    0.03325859    0.0464576
BNPSM37      42    0.19047619    0.39743662    0.06132580    0.1579559
BNPSM38      42    0.57142857    0.50087032    0.07728597    0.2508711
BNPSM39      42    0.26190476    0.44500062    0.06866509    0.1980256
BNPSM40      42    0.07142857    0.26066118    0.04022089    0.0679443
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BNPSM43      42    0.07142857    0.26066118    0.04022089    0.0679443
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BNPSM51      42    0.02380952    0.15430335    0.02380952    0.0238095
BNPSM52      42    0.04761905    0.21554027    0.03325859    0.0464576
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BNPSM56      42    0.00000000    0.00000000    0.00000000    0.0000000
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BNPSM60      42    0.00000000    0.00000000    0.00000000    0.0000000
BSUMRT1      40    0.97500000    0.15811388    0.02500000    0.0250000
BSUMRT2      40    2.47500000    1.75393331    0.27732121    3.0762821
BSUMRT3      33    1.00000000    0.00000000    0.00000000    0.0000000
BSUMRT4      34    3.00000000    1.66969422    0.28635020    2.7878788
BSUMRT5      41    1.12195122    0.78086881    0.12195122    0.6097561
BSUMRT6      41    3.53658537    1.46795029    0.22925532    2.1548780
BSUMRT7      41    3.36585366    1.35565662    0.21171799    1.8378049
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BSUMRT12	22	4.36363636	0.95346259	0.20327891	0.9090909
BSUMRT13	23	4.69565217	0.97396951	0.20308668	0.9486166
BSUMRT14	23	4.30434783	1.14553610	0.23886079	1.3122530
BSUMRT15	22	4.40909091	1.14055504	0.24316715	1.3008658
BSUMRT16	0	.	.	.	.
BSUMRT17	23	4.39130435	0.94094394	0.19620037	0.8853755
BWT	43	158.27906977	29.76681244	4.53939634	886.0631229
BFT	44	4.88636364	0.84125900	0.12682457	0.7077167
BIN	44	6.04545455	7.50799433	1.13187273	56.3699789
BBPN	43	132.39534884	13.62619944	2.07797593	185.6733112
BBPD	43	76.46511628	10.16611748	1.55031838	103.3499446
BPLS	43	74.93023256	11.89116388	1.81338549	141.3997785
BMARMC	43	12.10465116	1.51307059	0.23074110	2.2893826
BKNEH	44	17.09090909	1.43572657	0.21644392	2.0613108
BTRIC	44	23.43181818	10.65614295	1.60647400	113.5533827
BTRTHCLS	43	0.51162791	0.50578054	0.07713081	0.2558140
BSUBSCP	44	20.31818182	6.96427003	1.04990321	48.5010571
BSCTHCLS	42	0.66666667	0.47711872	0.07362102	0.2276423
HTH	85	5.38921569	0.37957706	0.04117091	0.1440787
BHTH	44	5.39015152	0.35663367	0.05376455	0.1271876
DASUM	49	47.30612245	4.88281033	0.69754433	23.8418367
BDASUM	35	46.57142857	5.85755276	0.99010713	34.3109244
PYSUM	46	30.06521739	7.88078443	1.16195827	62.1067633
BPYSUM	26	31.00000000	9.07744457	1.78023335	82.4000000
ADLSUM	30	40.53333333	6.19083490	1.13028664	38.3264368
BADLSUM	9	38.55555556	6.72887641	2.24295880	45.2777778
PFASUM	81	6.27160494	2.37703779	0.26411531	5.6503086
BPFASUM	40	6.70000000	2.69091539	0.42547108	7.2410256
PFLSUM	85	2.63529412	1.02175222	0.11082459	1.0439776
BPFLSUM	44	2.86363636	0.92988894	0.14018603	0.8646934
PFPSUM	78	9.91025641	1.71461175	0.19414155	2.9398934
BPFPSUM	39	9.92307692	1.75296164	0.28069851	3.0728745
SASUM	21	57.95238095	4.87315289	1.06340914	23.7476190
BSASUM	11	58.45454545	7.18837445	2.16737645	51.6727273
NASUM	26	34.61538462	8.55138315	1.67706421	73.1261538
BNASUM	15	33.60000000	8.34779697	2.15539191	69.6857143
MASUM	46	53.26086957	5.60331165	0.82616323	31.3971014
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EXP1	88	0.00000000	0.00000000	0.00000000	0.0000000
CNT1	88	0.00000000	0.00000000	0.00000000	0.0000000
GDA1	43	-0.04651163	0.57542897	0.08775209	0.3311185
GDA2	43	0.02325581	0.34422944	0.05249450	0.1184939
GDA3	42	-0.02380952	0.60437814	0.09325757	0.3652729
GDA4	42	-0.02380952	0.71527226	0.11036891	0.5116144
GDA5	44	0.02272727	0.54936057	0.08281922	0.3017970
GDA6	44	-0.02272727	0.62834727	0.09472692	0.3948203
GDA7	43	-0.11627907	0.62523528	0.09534749	0.3909192
GDA8	43	0.02325581	0.59715086	0.09106465	0.3565891
GDA9	42	0.00000000	0.54100178	0.08347839	0.2926829
GDA10	41	-0.02439024	0.56955267	0.08894918	0.3243902
GDA11	42	-0.21428571	0.60629681	0.09355363	0.3675958
GDA12	42	-0.14285714	0.78309669	0.12083444	0.6132404

GDA13	43	-0.09302326	0.71760028	0.10943302	0.5149502
GDA14	41	-0.04878049	0.58954302	0.09207115	0.3475610
GDA15	43	-0.11627907	0.69724978	0.10632959	0.4861573
GDA16	43	0.11627907	0.79310428	0.12094727	0.6290144
GDA17	42	0.07142857	0.55843235	0.08616798	0.3118467
GDA19	30	-0.10000000	0.54772256	0.10000000	0.3000000
GDA20	42	-0.16666667	0.58086003	0.08962865	0.3373984
GDASUM	23	-0.52173913	7.34766237	1.53209351	53.9881423
GPY1	43	-0.02325581	0.46231159	0.07050186	0.2137320
GPY2	44	-0.04545455	0.68044259	0.10258058	0.4630021
GPY3	43	0.00000000	0.65465367	0.09983375	0.4285714
GPY4	42	-0.14285714	0.56617797	0.08736316	0.3205575
GPY5	41	-0.04878049	0.63052437	0.09847136	0.3975610
GPY6	31	0.12903226	0.67041954	0.12041090	0.4494624
GPY7	44	0.02272727	0.69845798	0.10529650	0.4878436
GPY8	40	-0.02500000	0.42290206	0.06686669	0.1788462
GPY9	38	0.02631579	0.71610214	0.11616711	0.5128023
GPY10	43	-0.06976744	0.55185181	0.08415661	0.3045404
GPY11	42	-0.16666667	0.62143291	0.09588918	0.3861789
GPY12	43	-0.16279070	0.72144803	0.11001979	0.5204873
GPY13	40	-0.02500000	0.83166500	0.13149778	0.6916667
GPY14	43	-0.13953488	0.70984221	0.10824992	0.5038760
GPY15	43	-0.11627907	0.62523528	0.09534749	0.3909192
GPY16	42	-0.07142857	0.89423239	0.13798305	0.7996516
GPY17	44	0.11363636	0.65471134	0.09870145	0.4286469
GPY18	42	-0.07142857	0.63984972	0.09873096	0.4094077
GPY19	42	-0.04761905	0.69676538	0.10751323	0.4854820
GPY20	44	0.00000000	0.52827054	0.07963978	0.2790698
GPY21	42	0.04761905	0.69676538	0.10751323	0.4854820
GPY22	42	-0.04761905	0.69676538	0.10751323	0.4854820
GPY23	42	0.14285714	0.60773183	0.09377506	0.3693380
GPY24	40	0.02500000	1.04972524	0.16597613	1.1019231
GPY25	43	-0.20930233	0.80350836	0.12253388	0.6456257
GPY26	42	0.00000000	0.85539892	0.13199092	0.7317073
GPY27	42	-0.07142857	0.40682334	0.06277420	0.1655052
GPY28	43	0.09302326	0.64785189	0.09879649	0.4197121
GPY29	43	-0.02325581	0.67218096	0.10250664	0.4518272
GPY30	43	0.04651163	0.72221512	0.11013677	0.5215947
GPYSUM	19	0.84210526	4.59786373	1.05482228	21.1403509
GADL1	43	-0.06976744	0.33773396	0.05150395	0.1140642
GADL2	44	-0.04545455	0.52626571	0.07933754	0.2769556
GADL3	44	0.00000000	0.37354368	0.05631383	0.1395349
GADL4	33	-0.06060606	0.65856824	0.11464201	0.4337121
GADL5	23	-0.17391304	0.57620813	0.12014770	0.3320158
GADL6	43	-0.06976744	0.50687412	0.07729758	0.2569214
GADL7	42	-0.14285714	0.60773183	0.09377506	0.3693380
GADL8	42	-0.26190476	0.82814880	0.12778613	0.6858304
GADL9	40	-0.10000000	0.63245553	0.10000000	0.4000000
GADL10	34	0.08823529	0.37880570	0.06496464	0.1434938
GADL11	40	0.02500000	0.61965665	0.09797632	0.3839744
GADL12	37	0.08108108	0.43322937	0.07122247	0.1876877
GADL13	38	0.10526316	0.72743435	0.11800543	0.5291607
GADL14	37	-0.10810811	0.77401492	0.12724727	0.5990991
GADL15	39	-0.02564103	0.58432055	0.09356617	0.3414305
GADL16	40	-0.05000000	0.71432234	0.11294428	0.5102564

GADL17	40	-0.12500000	0.68640647	0.10853039	0.4711538
GADL18	43	0.04651163	0.53244666	0.08119735	0.2834994
GADL19	34	0.14705882	0.74395963	0.12758802	0.5534759
GADL20	38	-0.02631579	0.67730955	0.10987412	0.4587482
GADLSUM	5	0.80000000	3.49284984	1.56204994	12.2000000
GPFA1	43	0.02325581	0.40756957	0.06215378	0.1661130
GPFA2	44	0.02272727	0.26313286	0.03966877	0.0692389
GPFA3	44	0.06818182	0.39753469	0.05993061	0.1580338
GPFA4	44	-0.02272727	0.15075567	0.02272727	0.0227273
GPFA5	44	0.09090909	0.96009161	0.14473926	0.9217759
GPFA6	44	-0.15909091	0.52576331	0.07926180	0.2764271
GPFA7	44	0.06818182	0.50105597	0.07553703	0.2510571
GPFA8	44	0.04545455	0.30151134	0.04545455	0.0909091
GPFA9	44	-0.02272727	0.34022129	0.05129029	0.1157505
GPFA10	44	-0.06818182	0.25497171	0.03843843	0.0650106
GPFA11	44	0.00000000	0.43133109	0.06502561	0.1860465
GPFA12	44	-0.02272727	0.50525777	0.07617047	0.2552854
GPFA13	44	0.13636364	0.55367311	0.08346936	0.3065539
GPFASUM	39	0.48717949	2.05031185	0.32831265	4.2037787
GPFA14	44	0.04545455	0.48004580	0.07236963	0.2304440
GPFA15	44	0.04545455	0.37070301	0.05588558	0.1374207
GPFA16	44	0.22727273	0.60477312	0.09117298	0.3657505
GPFA17	44	0.02272727	0.40281777	0.06072706	0.1622622
GPFA18	43	0.09302326	0.47878584	0.07301416	0.2292359
GPFLSUM	43	0.20930233	1.01320189	0.15451184	1.0265781
GPFA19	43	-0.09302326	0.68361621	0.10425049	0.4673311
GPFA20	37	0.05405405	0.81465555	0.13392855	0.6636637
GPFA21	42	0.00000000	0.54100178	0.08347839	0.2926829
GPFA22	39	0.20512821	0.65612447	0.10506400	0.4304993
GPFPSUM	35	0.14285714	1.49789769	0.25319092	2.2436975
GSA1	42	0.04761905	0.49150743	0.07584124	0.2415796
GSA2	43	-0.02325581	0.26622333	0.04059868	0.0708749
GSA3	41	-0.04878049	0.83520116	0.13043651	0.6975610
GSA4	40	-0.10000000	0.63245553	0.10000000	0.4000000
GSA5	42	0.19047619	0.86216107	0.13303434	0.7433217
GSA6	43	0.00000000	0.37796447	0.05763904	0.1428571
GSA7	42	0.04761905	0.66083395	0.10196889	0.4367015
GSA8	31	0.16129032	0.77875003	0.13986763	0.6064516
GSA9	30	0.00000000	0.94686415	0.17287295	0.8965517
GSA10	22	0.00000000	0.87287156	0.18609684	0.7619048
GSA11	24	-0.08333333	0.88054660	0.17974082	0.7753623
GSA12	23	0.00000000	0.79772404	0.16633696	0.6363636
GSA13	30	0.13333333	0.77607915	0.14169202	0.6022989
GSA14	0	.	.	.	.
GSA15	42	0.07142857	0.34165002	0.05271774	0.1167247
GSA16	22	0.18181818	0.50108108	0.10683085	0.2510823
GSA17	43	-0.04651163	0.37502307	0.05719048	0.1406423
GSA18	43	-0.04651163	0.53244666	0.08119735	0.2834994
GSA19	42	0.02380952	0.41249362	0.06364915	0.1701510
GSA20	41	-0.12195122	0.50966273	0.07959595	0.2597561
GSA21	40	-0.35000000	1.00128123	0.15831646	1.0025641
GSA22	41	-0.09756098	0.43616958	0.06811824	0.1902439
GSA23	38	0.15789474	0.82285974	0.13348548	0.6770982
GSA24	40	-0.17500000	0.81295599	0.12853963	0.6608974
GSA26	23	-0.26086957	0.86431220	0.18022155	0.7470356

GSA27	26	-0.15384615	0.78446454	0.15384615	0.6153846
GSASUM	6	2.00000000	6.06630036	2.47655675	36.8000000
GNA1	44	0.13636364	0.50994341	0.07687686	0.2600423
GNA2	43	0.13953488	0.67546793	0.10300789	0.4562569
GNA3	44	0.06818182	0.58658362	0.08843081	0.3440803
GNA4	43	-0.06976744	0.76828036	0.11716166	0.5902547
GNA5	42	-0.04761905	0.73093261	0.11278535	0.5342625
GNA6	41	0.02439024	0.56955267	0.08894918	0.3243902
GNA7	41	-0.04878049	0.63052437	0.09847136	0.3975610
GNA8	38	0.10526316	0.60580408	0.09827440	0.3669986
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GNA10	40	-0.02500000	0.69752309	0.11028808	0.4865385
GNA11	25	-0.08000000	0.27688746	0.05537749	0.0766667
GNA12	27	-0.03703704	0.70609879	0.13588878	0.4985755
GNA13	27	0.03703704	0.70609879	0.13588878	0.4985755
GNA14	23	0.00000000	0.67419986	0.14058039	0.4545455
GNA15	22	0.00000000	0.43643578	0.09304842	0.1904762
GNA16	37	-0.18918919	0.70070749	0.11519560	0.4909910
GNA17	41	-0.02439024	0.47369847	0.07397927	0.2243902
GNA18	43	-0.09302326	0.68361621	0.10425049	0.4673311
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GNA20	40	0.10000000	0.44144286	0.06979824	0.1948718
GNA21	36	0.00000000	0.89442719	0.14907120	0.8000000
GNA22	42	0.11904762	0.55005015	0.08487458	0.3025552
GNA23	41	-0.09756098	1.04414745	0.16306844	1.0902439
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GNA27	41	0.02439024	0.65145241	0.10173977	0.4243902
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GNA33	40	0.00000000	0.64051262	0.10127394	0.4102564
GNA34	25	-0.12000000	0.43969687	0.08793937	0.1933333
GNA40	31	-0.12903226	0.99136053	0.17805361	0.9827957
GNASUM	6	-0.83333333	4.35507367	1.77795138	18.9666667
GMA1	35	-0.05714286	0.63906444	0.10802161	0.4084034
GMA2	35	-0.05714286	0.33806170	0.05714286	0.1142857
GMA3	35	-0.02857143	0.38238526	0.06463491	0.1462185
GMA4	34	0.11764706	0.64029850	0.10981029	0.4099822
GMA5	33	0.12121212	0.41514875	0.07226812	0.1723485
GMA6	30	0.03333333	0.49013252	0.08948555	0.2402299
GMA7	33	-0.03030303	0.30463590	0.05303030	0.0928030
GMA8	33	-0.09090909	0.45850548	0.07981556	0.2102273
GMA9	32	-0.03125000	0.69488337	0.12283919	0.4828629
GMA10	32	-0.06250000	0.35355339	0.06250000	0.1250000
GMA11	35	-0.02857143	1.27153715	0.21492901	1.6168067
GMA12	34	-0.14705882	0.70204692	0.12040005	0.4928699
GMA13	35	-0.14285714	1.03306674	0.17462015	1.0672269
GMA14	34	0.08823529	0.62122299	0.10653886	0.3859180
GMA15	36	0.05555556	0.23231068	0.03871845	0.0539683
GMA16	38	-0.07894737	0.35879520	0.05820427	0.1287340
GMA17	36	0.16666667	0.73678840	0.12279807	0.5428571
GMA18	37	0.08108108	0.72181786	0.11866612	0.5210210

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GMA19        38   0.00000000   0.46499055   0.07543143    0.2162162
GMA20        38   0.07894737   0.27327631   0.04433127    0.0746799
GMA21        37  -0.18918919   1.02300858   0.16818157    1.0465465
GMA22        27  -0.07407407   0.91676379   0.17643127    0.8404558
GMA23        32   0.00000000   0.84242354   0.14892085    0.7096774
GMA24        35  -0.20000000   0.58410313   0.09873145    0.3411765
GMASUM       18  -0.38888889   3.27448045   0.77180244   10.7222222
GSUMRT1       0    .            .            .             .
GSUMRT2       0    .            .            .             .
GSUMRT3       0    .            .            .             .
GSUMRT4       0    .            .            .             .
GSUMRT5       0    .            .            .             .
GSUMRT6       0    .            .            .             .
GSUMRT5       0    .            .            .             .
GSUMRT6       0    .            .            .             .
GSUMRT7       0    .            .            .             .
GSUMRT8       0    .            .            .             .
GSUMRT9       0    .            .            .             .
GSUMRT10      0    .            .            .             .
GSUMRT11      0    .            .            .             .
GSUMRT12      0    .            .            .             .
GSUMRT13      0    .            .            .             .
GSUMRT14      0    .            .            .             .
GSUMRT15      0    .            .            .             .
GSUMRT16      0    .            .            .             .
GSUMRT17      0    .            .            .             .
INLCNT       62  24.43548387   3.24224658   0.41176573   10.5121629
BINLCNT      29  23.96551724   3.12230179   0.57979689    9.7487685
GINLCNT      23  -0.30434783   2.00985713   0.41908418    4.0395257
SELF         73  16.60273973   1.45047622   0.16976540    2.1038813
BSELF        43  16.27906977   1.95576780   0.29825179    3.8250277
GSELF        37  -0.05405405   2.13367114   0.35077338    4.5525526
DEPRS        72   7.47222222   2.00683496   0.23650777    4.0273865
BDEPRS       42   6.90476190   1.47845542   0.22813062    2.1858304
GDEPRS       39  -0.23076923   1.76905474   0.28327547    3.1295547
DENSC        31   8.03225806   2.96067415   0.53175277    8.7655914
BDENSC       11   7.81818182   2.40075746   0.72385561    5.7636364
GDENSC        6   0.50000000   0.54772256   0.22360680    0.3000000
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